

*The £4.95 annual price per employee is only valid for purchases of 1,000 licences or more.

30 day
FREE TRIAL



Stretch your arms
above your head

From as little as

£4.95*
per employee
per annum

We all need "Little Nudge"

Little Nudge is a non-intrusive, on-screen reminder to perform easy, but, healthy activities.

- Clinically designed by physiotherapists and successfully trialled with BUPA, **Little Nudge** is a proven method of interrupting prolonged sitting of office workers.
- **Little Nudge** prevents and reduces pain which often results from long periods of computer work.
- **Little Nudge** can be customised to adjust "where" on the screen the reminder appears, "how often" it pops-up, how long" it stays and "which noise" you wish as an alert. We love the owl hoot.

Stand up & move

Rest your eyes

Smile

Roll your shoulders

Sit up nice
& straight

Company Users	Annual Price per User (Ex VAT)	Discount <small>* Tiered pricing so discount amount will vary</small>
First 1 - 4	£34.95	
First 5 - 99	£29.95	14%
First 100 - 249	£19.95	42%
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