

# Movy – Get up regularly



**Do you have problems at work like staying focused or being exhausted at the end of the day?**

**No Problem! Movy helps you to get up more frequently. Taking breaks helps you to get stressed less and movement increases productivity as well.**



Bewegen in 60:00

Alle 60 Minuten bewegen

60

Wie viele Minuten wollen Sie sich bewegen?

5

Timer starten

**You can set an interval how often you would like to be reminded to get up and move around.**