

The software product, Stretch Break, helps prevent Repetitive Strain Injuries (RSIs) by reminding computer users to take periodic breaks.

Stretch Break runs under Windows 95, 98, NT, 2000, ME and XP.

Special Offer: SeniorNet members can download a free version of the product that has 9 of the 36 stretches.

[Download](#) the free exe file. Or [access the full version](#) for the special price of \$15 instead of the usual price of \$44.95.

This innovative program comes up under the Windows operating system at regular intervals. With attractive, lifelike animations, it illustrates stretches designed to relieve the stress that comes from working at the computer for long periods of time. The animated figures are accompanied by text that tells users how to perform the stretches.

The program is easy to install and use and is extremely flexible. Users select how long to wait between stretch break sessions and how many stretches to do during each session. They can also select which stretches they want to appear and in what order.

Stretch Break was designed by a team of health care professionals who carefully reviewed each stretch in the program. Stretches focus on parts of the body most likely to be harmed by repetitive strain injuries including the neck, arms, back, legs, and wrists. Breathing and eye exercises are also included and several focus on avoiding carpal tunnel syndrome.