



A new reason to get up and move, everyday

Never forget to take a break again.

Have a 7-min live break added to your calendar daily.

You can win each week.

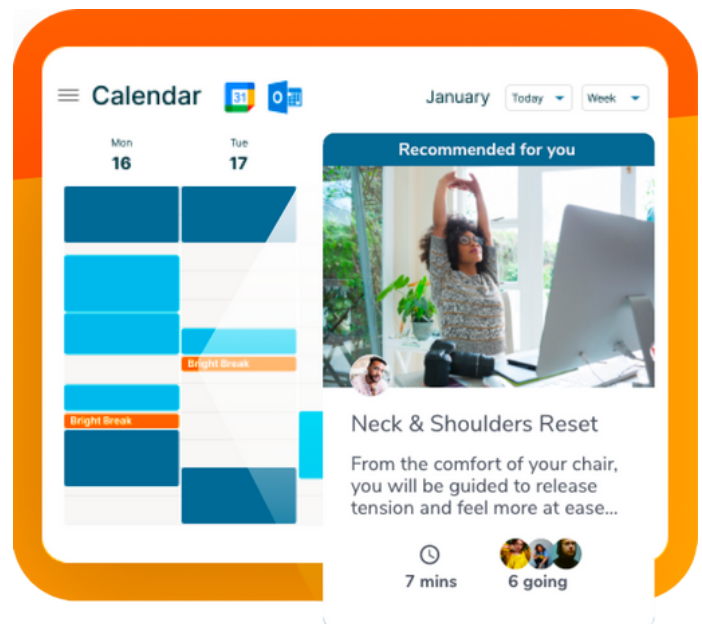
Everyone who takes at least one break is entered to win big prizes from Apple, Lululemon, and Airbnb!

Something you've never tried before!

Over 300 7-minute breaks each week where you can move, breathe, stretch, and more!

"Bright Breaks helped me to relax and release myself from work, even if it was just 7 minutes. I felt more refreshed to finish off my day. It also made me feel more accomplished for getting another thing crossed off my list."

- Bright Breaks Member



Get started for free:

brightbreaks.com/signup