



# 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.**

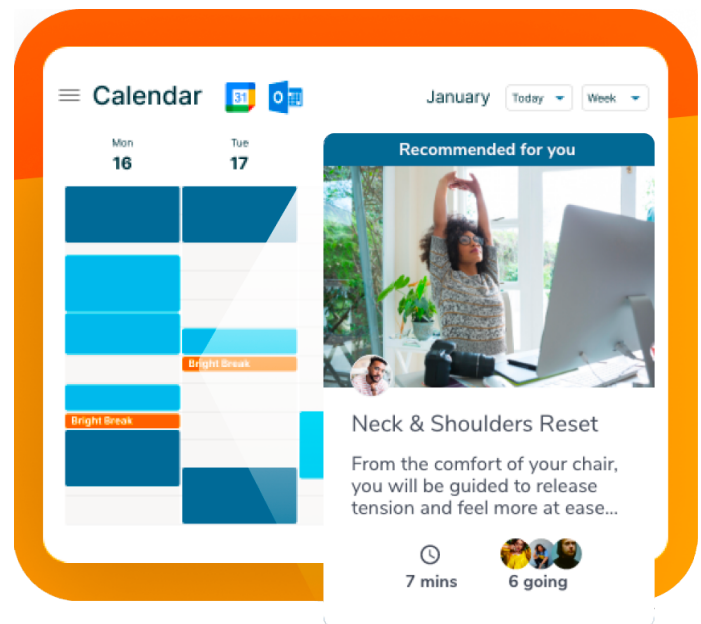
Everyone who takes at least one break during the week is entered to win digital gift cards!

**Something you've never tried before!**

Over 200 live 7-minute breaks each week and a robust on-demand library inviting you to move, breathe, stretch, learn and eat well.

"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](https://brightbreaks.com/signup)

