2 minutes is just right.

Can 2-mins in motion reset your mind, mood, metabolism? The science says YES.
Your metabolism decreases by 90% after 30 mins of sitting. 2-mins in motion resets it. You gain focus, energy, vigor. "Micro-breaks are efficient in preserving high levels of vigor and alleviating fatigue."

Breakthru Key Facts:
1. If you sit for 6-8 hours a day, without taking movement based microbreaks, you are upping your chance of an early death by 37% if you are a woman, and 18% if you are a man. That impact is NOT offset by regular exercise. You need to move more in your day.
2. 2-Min of moving and breathing is just right to reset your mind, mood, and metabolism.
3. Microbreaks, and movement, make you smarter & improve memory and balance, and, when done together, foster connection and community. (Movement Microbreaks have been shown to improve cognitive performance, working memory, executive functions, information processing, reaction times, and self-efficacy.)
4. Supporting our wellbeing can be hard. We need each other's encouragement, and that is why Breakthru was designed to be shared, gifted, used in groups as well as also.

In just two minutes, our microbreak tool can help improve your mood and provide a series of multisensory, guided movements that boost mental and physical health.

Breakthru How-to

1. **Why do I need to use my camera?**
   If you let it, this app will have access to your camera to capture movement, but not to photograph or record you, during the duration of the immersive experience. If you grant Breakthru camera permissions, then Breakthru will incorporate visual and audio feedback in the breaks, driven by the movement of your body. Follow the guide when it appears, make some room, and join Breakthru. There is no right or wrong way to play.

2. **What does it mean to "gift" a Breakthru and how do I do it?**
   You can gift a microbreak when you notice that someone on your team or within your organization has been working hard and sitting for several hours. To gift a Breakthru, go to a direct message with your colleague and choose the Breakthru logo, select which break you want to give, add a message, and send it their way!
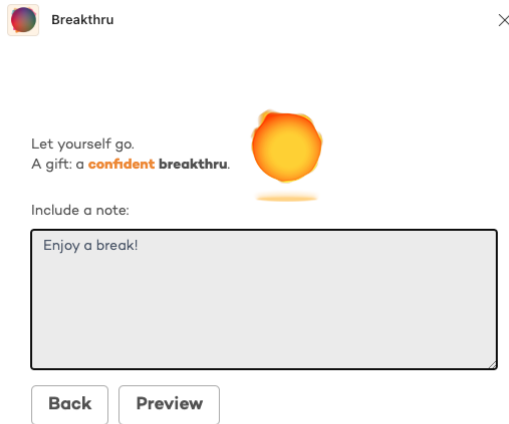
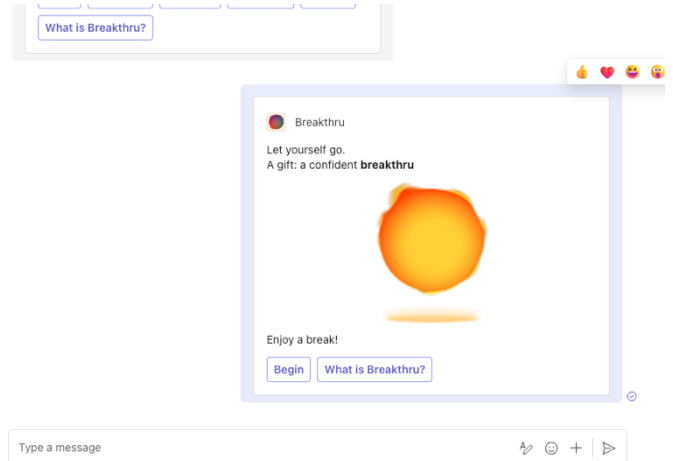**From the + sign in a message, select Breakthru:**
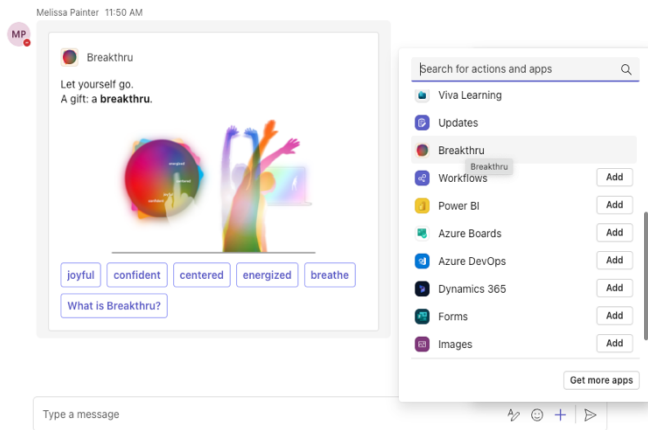
Choose which microbreak to give:
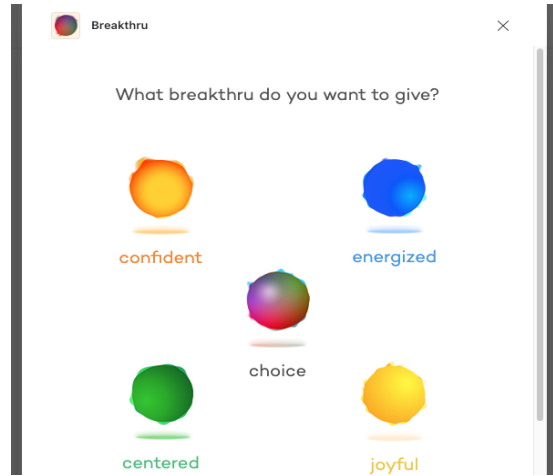

Add a custom message:

A sent gift:

3.   **How do I set reminders? When should I set them?**

Within the Breakthru app, choose the "Reminders" tab at the top. Then click the + button to make a custom Breakthru reminder. You can select what days and times you want to be reminded. You can also use the card located to the right to choose a preset reminder such as a break to end your day.

We recommend setting a goal for a couple of microbreaks per day and setting reminders that fit within your daily schedule. Choose what will work best for you!
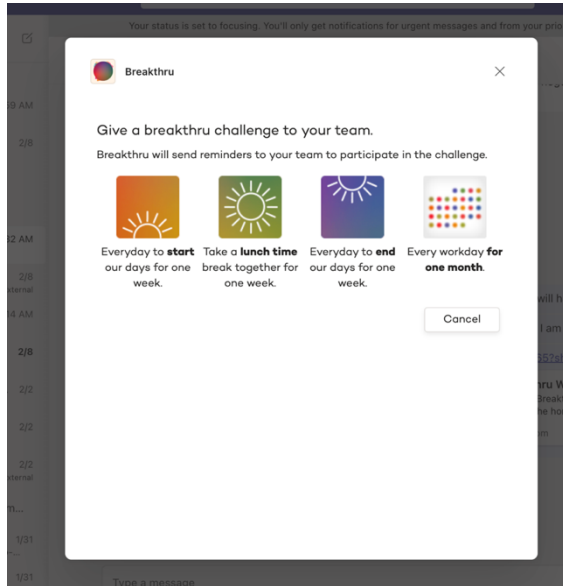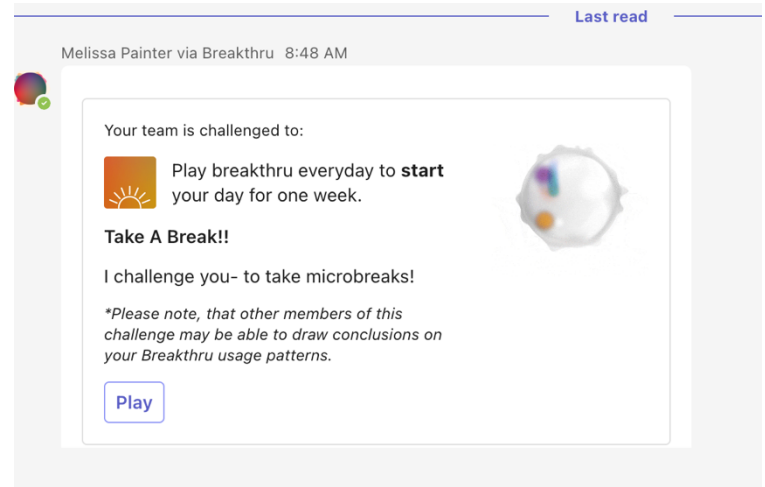
The reminder tab:
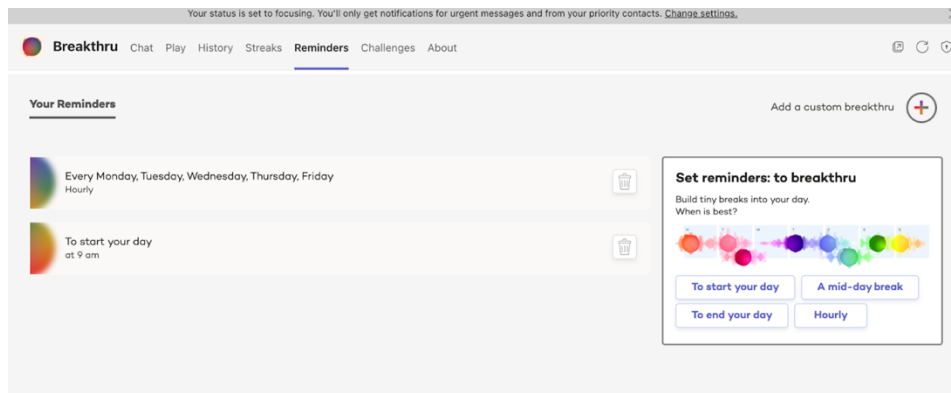
4.   How do you send a Team Challenge?

You can create a Team Challenge by going to your direct message with your team, hitting the + and choosing the Breakthru logo, then selecting "send a team challenge", choose which challenge, add a message, and send it their way!

Team Challenge options:


Sent Team Challenge:

5.   What are the Streaks?

Streaks are used to show you your different achievements within the app. From choosing your first "centered" microbreak, to playing 10 times, to taking microbreaks for 30 weekdays in a row! Access your streaks by choosing the "Streaks" tab in the app.

6.   What is the history tab?

The "History" tab in Breakthru shows you how many times you have played this month, and the orb shows you what types of microbreaks you have taken this month (yellow for joyful, orange for confident, green for centered, or blue for energized). You can also see the total number of microbreaks you have taken, and the times and types of microbreaks you took each day of the current week. Within the history tab you can use the arrows to see past weeks and months and see the mood states and their corresponding colors, as well as choose to take a microbreak by clicking on them.
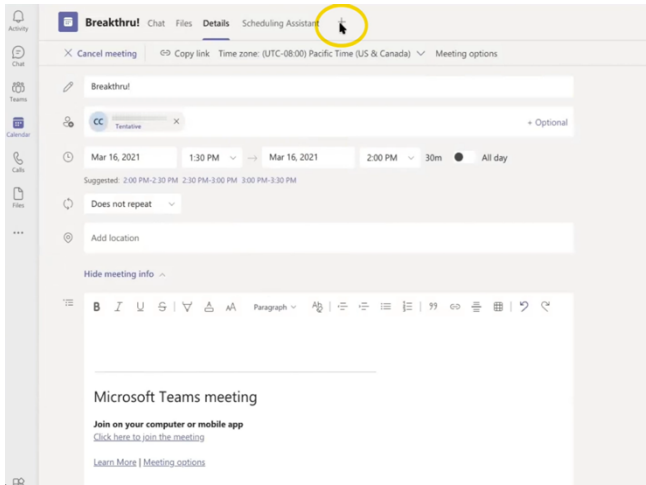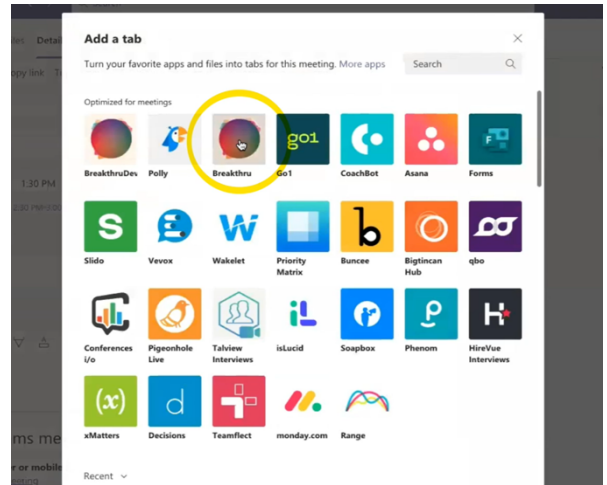
The History tab:
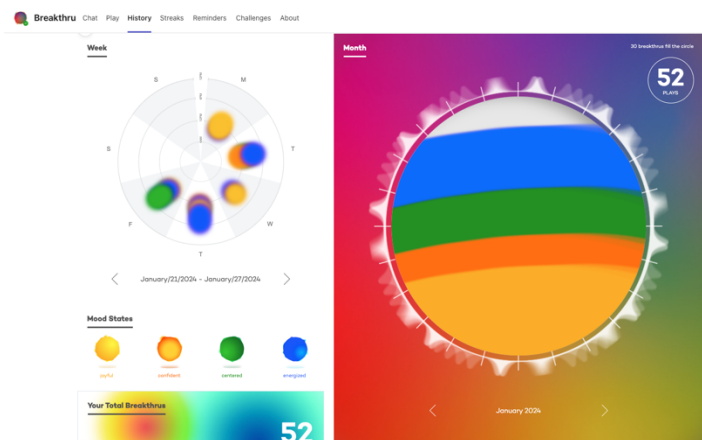
7.   How do you use Breakthru in meetings?

To add a microbreak to a Teams meeting first create a meeting then click the + sign at the top right. Search "Breakthru" and select the app icon and press "add". Within your meeting choose to "add an app", choose Breakthru, and then start your microbreak!

Click the + to add an app to your meeting:

Select Breakthru:

8.   How should I pick a break?

You can choose from one of five microbreaks: Breathe, Energized, Centered, Joyful, or Confident. Choose one based on what emotion you need most at the moment.
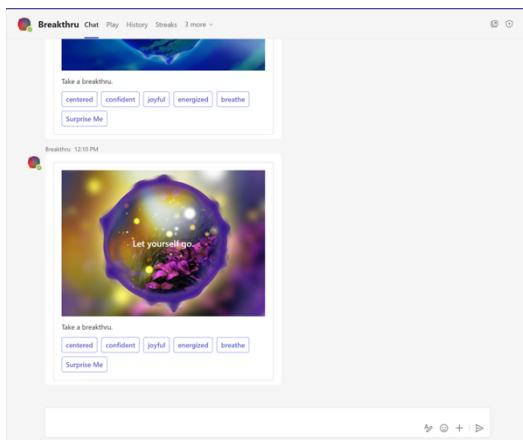
9.   When should I take a Breakthru?

You can take a Breakthru at any time, but it is good to break up prolonged sitting every hour, take a break in the middle of a difficult assignment, with a colleague to boost your connection, before a meeting to improve engagement, after a stressful meeting, or just when you feel like it!

10.   What is the difference between "chat" and "play"?

Chat can be used to see reminders and choose a microbreak from one of the cards sent within Breakthru's direct message; within chat you can also ask Breakthru to surprise you with which microbreak you take. The "Play" tab can also be used to choose a microbreak through our interactive orb.

Chat:

Play: