

R-Go Break Coach

Your coach to #stayfit at work

1. BREAK COACH

The break indicator on your mouse indicates with colours when it is time to take a break. Personalise these breaks by, for example, setting a reminder when it's time for a cup of tea, a game of table tennis or a stroll around the office.

2. DESK COACH

Based on actual monitor use, move your desk from sitting to standing or in between (for stool or deskbike).

3. FITNESS COACH

With this module* you can work even healthier! This fitness coach offers you various exercises from physiotherapists, which can be performed on your office chair. This way you will be more productive and stay fit during the working day. (*Expected in January 2021)

4. STATISTICS

Get an overview of your work behaviour at a glance.

Healthy working with the R-Go Break Coach

Developed in collaboration with physiotherapists, ergonomists and furniture manufacturers.



Creating healthier workplaces | www.r-go-tools.com



R-Go Break

Patented break software

INCREASE YOUR PRODUCTIVITY

Short periods of movement during your working day are vital for your health. Micro breaks prevent small muscles and tendons from becoming overloaded and ensure a good blood circulation. Due to the fact that they also stimulate blood circulation in the brain, you will notice that your concentration will be better and that you will be more productive at the end of the day.

POSITIVE AND PERSONAL COACHING WITH COLOUR SIGNALS

Breaks are often forgotten when you are concentrated at work, and that is why we have developed a break tool that reminds you to interrupt your work on time or change your posture.

The patented R-Go Break software uses colour signals to indicate when it is time

to take a break. As you work, the light changes colour, like a traffic light:

- Green: good job!
- Orange: time for a short break
- Red: you have been working for too long

In this way you get positive feedback about your break behaviour.

Download the R-Go Break software:
www.r-go-break.com



BREAK-REMINDER VIA YOUR MOUSE AND KEYBOARD

Did you know that your keyboard and mouse can also remind you of taking micro breaks? Our R-Go HE Break mouse, the R-Go Compact Break and R-Go Split Break keyboards and the R-Go Numpad Break are equipped with a LED light. This light changes colour during use, giving you a subtle signal at a glance when it's time to take a break.

HEALTHY BREAK TIMES

The R-Go Break software can be modified as desired. For example, you can increase the break frequency in case of pain or on the advice of your therapist. The standard break times of the R-Go Break software are set according to Dutch health and safety guidelines and on the advice of ergonomists: 30 second break after every 10 minutes of work, 5 minute break after every hour with a daily limit of 6 hours of screen work.

INSIGHT INTO YOUR WORK BEHAVIOUR

The R-Go Break software analyses your work behaviour and makes this visible in a graph. This graph shows how intensively you use your mouse and keyboard and the correlation between them. For example, if you use your mouse intensively, you are advised to make more use of the keyboard shortcuts.



View all our ergonomic solutions on www.r-go-tools.com