

Breakthru is an app in Teams that supports breaks for knowledge and frontline workers.



“As we all know, but need constant reminding of, **building breaks into our routines is crucial for productivity, mental-health, and well-being.** I would argue that my greatest productivity hack is a break. What’s the best and most rewarding break of all time in Teams? **Breakthru** (and works on your Mobile #Frontline)”

MICROSOFT CUSTOMER SUCCESS MANAGER, MODERN WORK

Tiny breaks to share and play, built right into your day.



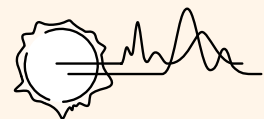
Clear your head, find inspiration, breathe, with a guided system of two-minute movement-based breaks. **Choose to feel joy, energy, centeredness, or confidence.**

Share and play them together to build a collective break taking habit as a team.



Set a team challenge, give breakthru to a colleague, or use it as an ice breaker in meetings.

Create custom reminders for yourself, and unlock new breaks over time. **Invite moments of movement into your day.**



Scientifically proven to increase engagement, build resilience and manage stress, movement gets your heart rate up, grows your brain, and prepares you to think and to learn.

**Breakthru is a tool for all ages.
Free for schools, forever.**



Check out this great video about **Breakthru.**