**Overall Concept**

**Froach - Effective Mini-breaks**

Froach is a web-based application for active and effective mini-breaks at the workplace. In a charming way, froach thrills and excites people in a moving mini-break of two to three minutes. Simple motion and relaxation techniques can be carried out directly at the workplace (PC/laptop), on the go (smartphone/tablet) and at home, without needing any additional equipment or preparation. Froach supports the integrative diversity management approach. In addition to the digital application, froach also offers a strengthening range of services.

**Areas of Exercise:**

- Arms
- Eyes
- Breathing
- Shoulders
- Back
- Relaxation
- Stretching
- Coordination
- Mobilization
- Concentration

**Shortly at Froach:**

- Mindfulness exercises
- Daily goal functionality
- Administrator access for own content
- Own reports

**Free Demo Access:**

[froach.de/demo](http://froach.de/demo)
The web-based application froach serves to promote employer attractiveness in terms of employee retention and recruitment. froach is suitable for a variety of organizational structures, because froach exercises can be integrated into the workflow.