

# Wellday at Work™

Tired of sitting at your desk, hour after hour? It's time to [get up and get moving!](#) Help prevent that 2:30 lull by taking [Well Breaks](#) throughout the day. You can set a desktop widget to remind you of these breaks to help you achieve your goals.

Select a target area that you want to focus on during your 1-2 minute breaks.

Nutrition education on various topics are included on the Wellday website.

The screenshot shows the Wellday at Work website interface. At the top, there is a navigation bar with three tabs: "Well Breaks" (highlighted in orange), "Nutrition", and "About Us". Below the navigation bar is a section titled "Your Wellday Menu" with the instruction "Please place your order below". The menu lists various body parts: Arms, Back, Balance, Chest, Core (highlighted in blue), Energizing (highlighted in blue), Grounding/Centering, Hips, Legs, Shoulders, and Yoga. Below the menu are two buttons: "Back" and "Main Menu". A note below the buttons says "Click on any highlighted menu item to deselect". To the right of the menu is a section titled "8 Wellday practices for: Core, Energizing". This section contains a grid of eight video thumbnails, each with a title and a small image of a person performing an exercise: "Chair", "Desk Flow", "Desk Locust", "High Row", "Low Row", "Pyramid", "Side Bending", and "Standing March-Abs". Below the grid is a "Tip of the Day" section with the title "The Heart Beat" and a short paragraph of text. At the bottom right of the page, there is a small vertical scrollbar.

Multiple categories can be selected to find a tailored exercise to fit your needs.

Tips of the day are featured to assist with your overall wellness goals.

Videos of stretches, routines, and exercises are provided for you to follow along with.