

Move smart with the help of your smartphone.

5 apps to energize your workday.



Moves (iPhone/Android)

Moves automatically records any walking, cycling, and running you do. You can view the distance, duration, steps, and calories burned for each activity. The app is always on, so there's no need to start and stop it.



Human (iPhone/Android)

Human is a simple app that tracks your total number of minutes of daily activity. It tracks your walking, running and cycling and combines it into one activity clock, allowing you to see when you've reached your daily 30 minutes of physical activity (or beyond). You can use Human Pulse to compare yourself to others around you.



Stand Up (iPhone)

Stand Up is a fun, flexible work break timer. You can quickly and easily set reminders to stand up during the workday; the app allows you to set any interval you'd like, and customize to fit your work schedule. The app will then alert you when it is time to get moving!



Ergonomics (iPhone)

The Ergonomics app features ergonomist-recommended stretches and instructions on how to properly position your body. The app also includes a stretch break reminder and helpful information for setting up your desk, chair, monitor, mouse and keyboard for enhanced comfort and productivity.



Argus (iPhone/Android)

Argus is a powerful app that allows you to track your steps, calories, meals, hours of sleep, heart rate and so much more, all in one convenient and easy-to-use package. Argus also has a social component, allowing you to challenge friends and family and provide extra motivation to meet your goals.

Note: Inclusion on this list does not constitute endorsement of content of apps. Use caution downloading any applications on to your phone. Use only personal phones, not PHSA devices, to access apps.

