Digital applications can be used as a great tool to optimize the overall benefits of a sit-stand workstation.

These applications allow you to set an incremental timer on your device that reminds you when it is time to stand or take a break to move. You can activate it at the beginning of your work day and deactivate it whenever necessary.

Depending on the platform (iOS, Android, or Google Chrome) there are different apps.

- **Here is the link for iPhone users:** https://www.raisedsquare.com/standup/
- **Here is the link for Android phones:**
  https://play.google.com/store/apps/details?id=jamesmorrisstudios.com.randremind
- **Here is the link for a Google Chrome Extension:**
  https://chrome.google.com/webstore/detail/stand-up-timer/aamiggfhbebkpbknadfkelphhmkhmdcf/related?hl=en

Once downloaded, the apps are very easy to navigate and have simple instructions on how to best operate them.

Randomly RemindMe

(Android)

Stand Up! Timer

(Google Chrome)

Stand Up! The Work Break Timer

(iPhone)