



Frequently Asked Questions

What type of events do you provide movement and stretch breaks for?

Almost any virtually-based event including, but not limited to:

- Team meetings
- Conferences and summits
- Educational and training programs
- Keynote events and webinars
- Faculty development days
- Special events such as 'Employee Wellness Week' or 'Staff Appreciation Day'

Stand-alone sessions are also available, meaning they don't need to be tied to a meeting or event. These can be scheduled independently. Perfect for offering a 'Mid-week Refresh' or 'Monthly Movement' session.

What does a session consist of?

The WorkBreakStretch [YouTube channel](#) offers a preview of what to expect. However, unlike a pre-recorded video, your session will be led in real-time by an instructor who offers guidance, motivation, and personalized encouragement to keep everyone engaged.

Who leads the sessions?

Sessions are led by Kim, the founder of WorkBreakStretch. Kim has facilitated more than 3,000 office-friendly movements and stretch breaks with professionals across industries from manufacturing to government leadership. She holds a Master's degree in Kinesiology and a Bachelor's in Clinical Exercise Science. Kim is also a Certified Exercise Physiologist (ACSM), Group Fitness Instructor (ACE), and Health Coach (ACE).

Are sessions suitable for all fitness levels?

Yes! Sessions are designed to be accessible and inclusive for everyone. Participants are encouraged to listen to their body and move in a way that feels right for them. They can modify or skip exercises as needed. Variations are offered for many movements so individuals can choose what works best. The focus is on feeling good, not pushing limits, so everyone can participate comfortably and confidently.

Do participants need any special equipment, space, or specific attire?

No special equipment is needed. All movements are bodyweight-only and office-friendly. Occasionally a chair may be used, but if one isn't available, alternative exercises can be shown.

Are participants required to keep their camera on?

While being on camera can encourage engagement and boost morale, it's entirely optional. We want everyone to feel comfortable.

How long is a session?

Sessions typically last 5–10 minutes, but we can customize the duration to fit your needs.

What if our meeting or event is running ahead or behind schedule?

WorkBreakStretch includes a built-in buffer of at least 10 minutes before and after each scheduled session to accommodate early starts or slight delays. This ensures your event stays flexible without sacrificing the quality of the movement break.

What days and times can sessions be booked for?

Sessions are available Monday through Friday, from 9:00 AM to 5:00 PM ET. Requests outside of these hours may be accommodated on a case-by-case basis.

How much does a session cost?

Prices vary based on the number of sessions booked, frequency of sessions, audience size, and level of customization. We offer discounted rates for longer-term plans (e.g. monthly or annual). To request a quote tailored to your needs, fill out this [form](#), and we'll be in touch.

How do I book a session for my team or event?

Already have a Service Agreement on file with us? Just send us an e-mail at booking@workbreakstretch.com to schedule your session(s). Interested in establishing a Service Agreement with us? Start by completing this [form](#).

Do you offer sessions for individuals?

WorkBreakStretch currently focuses on live sessions for teams, organizations, and events. While we don't offer live sessions to individuals at this time, you can enjoy free short movement and stretch routines on our [YouTube channel](#). Perfect for a quick break anytime!

Should you have additional questions or inquiries, please reach out to us at hello@workbreakstretch.com.