

PRSI Break provides options in the following Settings:

- Video
- Notification
- Schedule

These options are detailed in the screen shots below.

Video settings include the type of Playback you watch and what you see on the Playback screen.

Full length - with sound when possible - is recommended when you first start learning the PRSI Break stretches. A switch to the condensed movies, which contain less narration, can be made after initial usage.

Captioning can be activated all of the time, only when sound is muted or unavailable, or disabled totally.

On this screen you also choose if you want PRSI Break to run at start up. This is recommended.

The other function button on the Video settings screen enables checking for updates. As we update the program, we make updates available to users free of charge.

