## Let's all step up!

# **Steppie**

STEPPIE BALANCE BOARD STEPPIE SOFT TOP MAT SHARE IF YOU CARE SHARE THIS CATALOGUE WITH A FRIEN<u>D OR COLLEAGUE</u>



## Learn more at

### The Steppie Balanceboard suits your body!

Steppie suits your body, because it makes it possible for you to stand for a longer period of time. Researchers agree that sedentary behaviour is extremely unhealthy.

Get up and work standing! Then you will reduce significantly the injurious consequences of your sedentary behaviour.



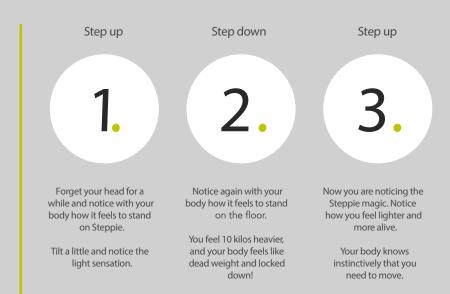
\*)Average figure for an individual weighing 70 kg

## Experience the magic of Steppie in three easy steps...

Steppie prevents and reduces injury and pain caused by sedentary behaviour.

All you have to do is stand on the board, and it happens all by itself.

You achieve many health benefits by using Steppie in your daily work at the office. Burning more calories, less pain in joints and muscles, stronger back and legs, prevention of cardiovascular diseases, diabetes and osteoarthritis.





#### The Steppie Balanceboard

Steppie helps you to a more physically active and healthier life at the office!

Steppie attacks your sedentary lifestyle and gives your body precisely the movement it needs, when you work at your desk. Now you can stand com fortably and for much longer!

#### Steppie Soft Top

Steppie Soft Top lifts the concept of anti-fatigue mat to a higher level. The unique bubbles are desig **ned according to reflexology principles.** 

Your feet will get positive feedback when you step on the bubbles, and they make Steppie Soft Top dynamic and alive to stand on.

Take off your shoes and let Steppie Soft Top give you an enjoyable and comfortable reflexology while you work. Your body will love you for it!

### Steppie + Soft Top - combined

With Steppie and Steppie Soft Top, you are combining the active movement to your entire body with soft and pleasant comfort for your feet.

A perfect combination for standing office work.