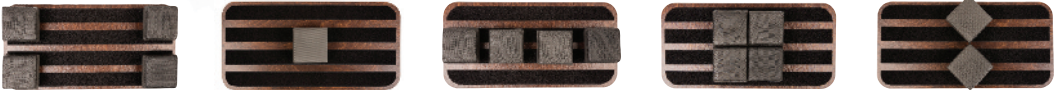


Encourage Micro-Movements & Proper Posture



Ideal for  
Sit-Stand  
Desk Users



## Active Office Board *Adjustable Standing Platform for the Office*



Moving during the workday helps to avoid pain resulting from sedentary behaviour.

### BENEFITS

- Encourages movement while working
- Strengthens stabilizing muscles
- Decreases amount of static sitting

### FEATURES

- Customize to your preference by simply rearranging the legs
- Silent, non-marking legs provide cushion and encourage proper posture

Patent pending



**ASK AN EXPERT: Joan Vernikos, PhD, former Director of the Life Sciences Division at NASA & author of *Sitting Kills - Moving Heals***

You do not need to be 80 before your balance is affected. It happens a lot sooner and much faster if you spend a lot of hours each day sitting. What can you do? First become aware that you are moving less than you used to. You can also get yourself an Active Office Board.

There are many forms of boards you can stand on. In my experience, none match the ingenuity and versatility of the Active Office Board. Its simplicity makes it usable for a few minutes every time you stand so that you can make it a habit. If you use a stand-up desk use the board to stand on. You can play around and find your own best way to use it all day. Just keep moving. *Joan's Book is available to purchase at [fitter1.com](http://fitter1.com).*