

# Steppie

## Designed for those behind the screen all day

Sedentarism or Sedentary Behaviour is one of the modern office workers greatest health risks. Sedentarism significantly increase the risk of slipped disks, cardiovascular disease, obesity and diabetes.

## N.E.A.T.

Non-Exercise Activity Thermogenesis (N.E.A.T.) is the energy you use by simply moving around during the day. It is these movements that counteract Sedentarism.

## Keeps you moving

Standing for extended periods can be very tiring. Steppie enables you to stand at an adjustable desk more comfortably. The slightest body movement such as reaching for something or looking to one side causes the Steppie to tip, thus activating the body's core in order to maintain balance.



## Steppie keeps you N.E.A.T.

Using a see saw motion that is easy to master, the simplicity of the Steppie design is equalled only by the benefits of using the board.

## Improves coordination, balance and reflexes

Using minimal energy, concentration and balance, the Steppie allows users to:

- Stand for longer periods - a little movement is less tiring than standing still
- Improve circulation
- Promote a natural posture
- Activate and train core musculature (inner, deep muscles that support and balance the spine)
- Burn energy
- Reduce muscular tension



Product code	OPCSTP
Unit weight	2.25kgs
Material	Polypropelene copolymer
Colour	Grey
Dimensions	560mm (wide) x 360mm (deep) x 53mm (high)
Maximum weight supported	200kgs