

Anti-Fatigue Mats

Expertly designed to encourage the user to move more when standing. Micro-movements improve muscle stimulation & boost blood circulation.



BENEFITS OF AN ANTI-FATIGUE MAT

YO-YO MAT®



REDUCES FATIGUE



REDUCES ACHES



IMPROVES PRODUCTIVITY



IMPROVES POSTURE



BETTER BREATHING AND OXYGEN FLOW TO THE BRAIN



ENGAGES KEY MUSCLE GROUPS



IMPROVES CONCENTRATION AND COLLABORATION



BURNS CALORIES



IMPROVES BLOOD CIRCULATION



REDUCES BLOOD PRESSURE

We believe everyone who uses a **Standing Desk** or **Sit-Stand Desk** should use an **Anti-Fatigue Mat**.

Health experts around the world are advising us to stand more, and sit less. Standing at work is important for health, but it's vital that we do it safely and comfortably to reduce the risk of associated musculoskeletal strains and injuries.

Standing in one position on hard surfaces puts extra pressure on the walls of veins making the heart work harder, causing feet to swell; conditions that can lead to pain & physical fatigue/injury. The cushioning of a mat encourages regular foot movement (even when you stand in static position) as the feet subtly adapt to the mat's surface, which helps circulation. Subtle movement forces the foot and calf muscles to expand and contract, which activates the venous pump, circulating the blood. An **anti-fatigue mat** effectively helps to reduce pressure, risk of pain and boosts blood circulation in your legs.

sit-stand.com®
STANDING DESK MEGASTORE

✉ info@yo-yodesk.co.uk | ☎ 0333 22 00 375

Unit 1 Vulcan Court | Vulcan Way | Coalville |
Leicestershire | LE67 3FW | UK



Feet Movement | Anti-Fatigue Mats

YO-YO MAT®



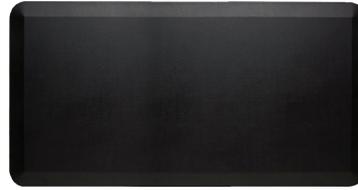
MINI

RRP **£49^{.95}** Inc. VAT & shipping



MEDIUM

RRP **£59^{.95}** Inc. VAT & shipping



LARGE

RRP **£69^{.95}** Inc. VAT & shipping



Mat Size: **56cm x 46cm x 2cm**

Mat Size: **76cm x 50cm x 2cm**

Mat Size: **94cm x 62cm x 2cm**

Yo-Yo MAT®:

- Specially designed to maximise foot micro-movement to stimulate calf muscles & improve blood circulation
- Reduces the risk of fatigue & ache pain which may arise with standing on hard surfaces
- Proprietary *Cushion-Core™* technology. Non-trip design
- Resistant to chemicals, abrasion & punctures



Feet Movement | Wobble Board | Reflexology



DANISH DESIGN · MADE IN DENMARK



Steppie®

RRP **£129^{.95}** Inc. VAT & shipping



Soft Top

RRP **£70** Inc. VAT & shipping



Combined

RRP **£199^{.94}** Inc. VAT & shipping

With **Steppie®** and **Steppie® Soft Top**, you will achieve optimal active movement (great for your entire body) and comfort for your feet. Unlike other wobble boards, **Steppie®** encourages you to move with the correct pronation which avoids straining your ankles, knees, hips & back.

Steppie® Features:

- You can stand for longer periods
- Improves circulation
- Burns calories and helps you lose weight

Steppie® Soft Top Features:

- Unique bubbled surface designed according to reflexology principles
- Tactile and encourages foot micro-movement
- A perfect combination for standing office work



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