

Let's all step up!



Steppie



STEPPIE BALANCE BOARD
STEPPIE SOFT TOP MAT

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A FRIEND OR COLLEAGUE



Learn more at
www.steppie.dk

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.

Prevention



Your risk of diabetes and cardiovascular diseases are reduced significantly when you work standing.

You promote your blood circulation throughout your body and hereby send more energy to your brain.

Exercise



The Steppie will exercise your back, leg and core muscles while you work.

More movement prevents osteoarthritis and reduces pain and tension in muscles and joints.

Burn calories



When standing, you burn 30-50% more calories compared to when you are seated.

Replace 3 hours seated with 3 hours standing every day for an entire year – then you will have burned more calories, corresponding to 3.6*) kg fat.

*) 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.

Step up



Forget your head for a while and notice with your body how it feels to stand on Steppie.

Tilt a little and notice the light sensation.

Step down



Notice again with your body how it feels to stand on the floor.

You feel 10 kilos heavier, and your body feels like dead weight and locked down!

Step up



Now you are noticing the Steppie magic. Notice how you feel lighter and more alive.

Your body knows instinctively that you need to move.



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 comfortably 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 designed 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.