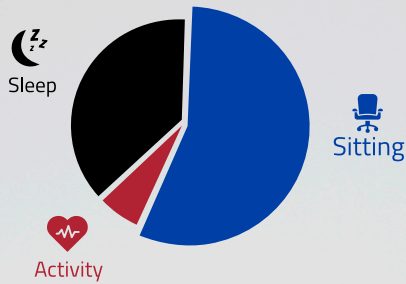


What does your average  
**24 hours**  
look like?



# Active Stand®

Stand up for your future

BY ERGOSPACE

## Shoulders and neck

Active Stand "forces" you into a straight and natural posture! This prevents tension in the neck and shoulders. Tension leads to poor blood circulation and discomfort such as headaches.

## Back and abdomen

When standing you strengthen the core muscles in the back and abdomen. This can prevent repetitive strain injuries and lower back pain from occurring.

## Feet

Active Stand provides relief from the hard surface, while at the same time stimulating the legs and the rest of the body in a correct and natural way! This will make standing much more comfortable, and you will manage to stand even longer!

## The body is designed to move

The body is at its best when it is being used! We need exertion, not inactivity. Movement stimulates blood circulation, sense of balance and the digestive system! Movement also improves brain health and heart function.

## Metabolism

Increase your metabolism by moving! Did you know that movement such as walking burns three times more calories than sitting still?

## The skeletal-muscle pump

The skeletal-muscle pump is a collection of skeletal muscles that aid the heart in the circulation of blood. The tensing and relaxing of our large muscles in our legs pumps the blood back to the heart against the force of gravity. It is crucial that the skeletal-muscle pump is stimulated regularly!