

COREBOARD Active Stand Board



It is common knowledge that sitting for too long can lead to a multitude of health problems, and research today is starting to show evidence linking sitting for long periods with illnesses like heart disease and diabetes, apart for the normal back problems most people experience.

So sit stand working and workstations are very much the trend for office environments.

The Coreboard Active Stand board is a brilliantly simple product for keeping you moving while you are standing, which adds more and more benefits to your standing work position.

- Relieves pressure on the feet from long terms standing
- Helps strengthen your back & develop muscles
- Improves balance
- Promotes better blood circulation when we use our legs
- Helps relieve shoulder and neck tension
- Movement may help with weight loss

The Coreboard Active Stand board is safe and sturdy and can be used by anybody.

1. **Helps relieve tension in the neck and shoulders** - By working in an upright relaxed position it helps ease tension and stress in the neck and shoulders by encouraging movement and flexing during the work day
2. **Helps strengthen the back, thigh and core muscles**
3. **Helps blood circulation** - Constant moving of the lower legs encourages blood movement through the body
4. **Relieves pressure on your feet** - Standing on a flat non-moving surface for hours is hard on the feet! The Active Stand helps relieve pressure on the feet, allowing you to stand for longer and in a more comfortable position.

Specifications:

- Material: 12mm moulded Ply
- Colour: Brown
- Size: 460mm L x 320mm W x 45mm D / H
- Weight: 1.2kg

Warranty: 2-years limited



CHAIRCO

81 Baroona Road, Paddington Qld 4064

For further information go to www.chairco.com.au Tel: 3367 3808 E: info@chairco.com.au