

*Feel good  
at work!*  
BY MATTING  
FOR A HEALTHY WORKPLACE



Research shows how you can burn up hundreds of extra calories every day. All you need to do is to stand up at work - instead of sitting down. It is a fact that, in terms of calories consumed, standing for three hours each working day for a month equates to running a full marathon. In addition, the risk of diabetes, high blood pressure and cardiovascular disorders is reduced.

**Stand Up!**  
BY MATTING

**Stand up  
and work!**

Live longer, feel better and lose weight.



If you work standing up for long periods, it's a good idea to take the weight off your feet with a workplace mat. The StandUp workplace mat is specially produced to distribute your weight evenly between your feet, and help you to stand up for longer without getting tired.



**StandUp workplace mat**

Measurements: 77 x 53 cm. Thickness 16 mm.

StandUp. Art. no.: red 381993, blue 381992, grey 381990, black 381991.

StandUp Cross. Art. no.: green 382494, grey 382490, black 382491.

**StandUp Air** Top of durable nitrile rubber, bottom of soft and springy nitrile/vinyl foam. Measurements: 77 x 53 cm. Thickness 19 mm. Art. no. 381995.

**StandUp Hook** To make cleaning easier, you can hang your StandUp on the edge of your desk using StandUp Hook. Art. no. 382015.

**Stand Up!**  
**MARATHON**  
New York

**THE HUMAN RAISE**

Stand up for a world without hunger.  
Each calorie you burn will be converted into  
a gift to the UN's World Food Programme.  
[www.standupmarathon.com](http://www.standupmarathon.com)

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The Human Raise campaign runs until 31/3 2017.