



## Make Healthy Happen

You have to work. You probably have to work in an office. But you do not have to be bored and uncomfortable.

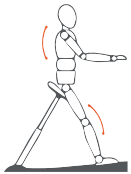
Break free from your sedentary lifestyle, embrace your humanity and add a little play into your day. The human body evolved to move. The human mind evolved to be creative through play. It's about time your office environment evolved to meet the needs of the modern worker through better design, tools and a little bit of old fashioned get up and go, or as we like to say movement.

## Why Safco Active?

Safco Active products inspire play, enhance your work experience and offer you the freedom to move throughout the workday.

Safco Active's leaning seats break the sit-stand dichotomy, giving people a third option. This third posture encourages a hip to torso angle between 130 to 135 degrees and promotes natural movement. Researchers have determined that this posture puts the least amount of stress on your body, when compared to standing, and helps your mind to stay more focused.<sup>1</sup>

You get all of the benefits of standing with the comfort of sitting, and the envy of those still trapped in their everyday, movement-dissuaded workspace set-up while you make healthy happen.



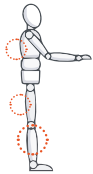
### YOU LIKE TO MOVE IT, MOVE IT

Safco Active products promote healthy postural transitions (a.k.a. body movement that stimulates your mind and body.)



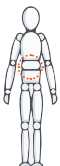
### WE'VE GOT YOUR BACK

Safco Active products limit intervertebral disc compression as compared to sitting and standing, which can result in less back pain.<sup>1</sup>



### ZAP YOUR STANDING DESK FATIGUE

Safco Active products ease the stress on the body, so you are able to work upright all day without pressures from standing.



### ABS OF STEEL

Perhaps not quite steel, but Safco Active products do inspire constant micromovements, helping to keep your core muscles engaged during use.



## FAST FACTS

### Safco Active Products:

- Perch/Leaning Seating
- Standing Desks
- Active Seating
- Ergonomic Accessories

### Safco Active products activate the following environments:

- Personal Workspaces
- Collaboration Areas
- Retail
- Home Office
- Education

<sup>1</sup> Le, Peter, and William S. Marras. "Evaluating the low back biomechanics of three different office workstations: Seated, standing, and perching." Applied ergonomics 56 (2016): 170-178.