

Benefits of an Anti-Fatigue Mat



YO-YO MAT®

Introducing Yo-Yo MAT®

Expertly designed to encourage the user to move more when standing. Micro-movements improve muscle stimulation & boost blood circulation.



Reduces Fatigue



Improves Productivity



Reduces Aches



Engages Key Muscle Groups



Improved Posture



Burns Calories



Reduce Blood Pressure



Improved Blood Circulation

We believe everyone who uses a **Standing Desk** or **Sit-Stand Desk** should use an **Anti-Fatigue Mat**.

Health experts around the world are advising us to stand more, and sit less. Standing at work is important for health, but it's vital that we do it safely and comfortably to reduce the risk of associated musculoskeletal strains and injuries.

Standing in one position on hard surfaces puts extra pressure on the walls of veins making the heart work harder & causing feet to swell; conditions that can lead to pain & physical fatigue/injury. The cushioning of a mat encourages regular foot movement (even when you stand in static position) as the feet subtly adapt to the mat's surface, which helps circulation. Subtle movement forces the foot and calf muscles to expand and contract, which activates the venous pump, circulating the blood. An anti-fatigue mat effectively helps to reduce pressure, risk of pain and boosting blood circulation in your legs.

FREE Trial Offer*

Yo-Yo MAT® is available for a **14 day FREE trial**. Please contact your nearest supplier for details:

yo-yodesk.com

info@yo-yodesk.com

+44 333 22 00 375

* Terms and Conditions apply

Yo-Yo MAT® Features:

- Resistant to chemicals, abrasion & punctures
- Encourages optimal movement whilst standing
- Designed by experts for standing desk users
- Durable construction combined with a resilient surface for longer life
- Proprietary ActiveFeet™ technology reduces fatigue and dull ache associated with prolonged standing on hard surfaces

YO-YO MAT®



RRP

£59.95*
(Inc VAT)

RRP

€74.95*
(Inc VAT)

OFFICIAL PARTNER

YO-YODESK

**ACTIVE
WORKING**



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