

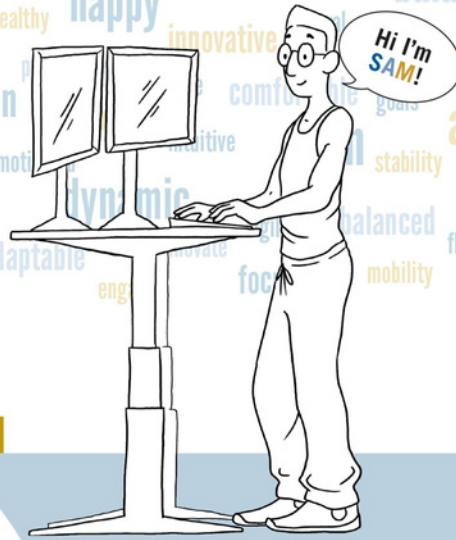
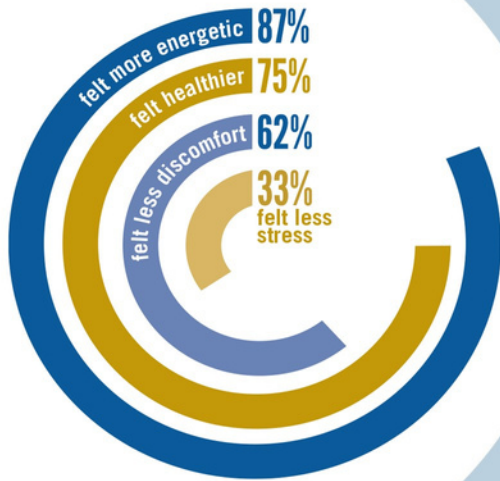
Fitterfirst Inc.

"Leading the World to Better Balance"
since 1985!

The proud Canadian Corporate Dealer for
Vari® and VariDesk®

ACTIVE OFFICE Revive Your 9 to 5

Make any workplace an Active Office!



What is an ACTIVE OFFICE?

An Active Office is a workspace designed to facilitate effortless transitions between sitting and standing, encouraging optimal posture. Movement is promoted by changing positions once every half hour, aiming for at least one minute of activity within that time frame.

Active Sitting & Perching

- Promotes blood circulation and mental engagement.
- Creates *just enough* low-level instability for a mini workout, while still letting you focus on your tasks.
- Strengthens the core through continuous body stabilization, enhancing injury prevention capabilities.

Active Standing

- Improves focus and increases caloric burn.
- Facilitates micro-movements, keeping you consistently engaged.
- Encourages natural movement while maintaining good, upright posture throughout the day.

Get your ACTIVE OFFICE with Vari® and Fitterfirst®

vari.

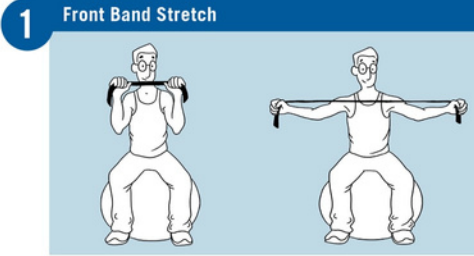
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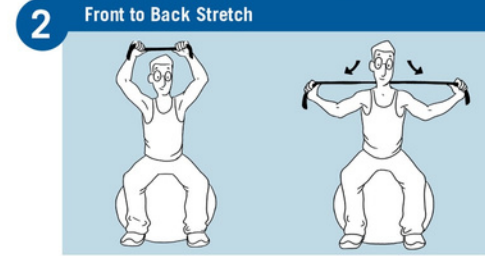


"Deskercise" Routines with SAM and Fitterfirst Flat Bands

ACTIVE SITTING



EXERCISES PROVIDED BY FRESH! WELLNESS



3 Lower Back Slow Stretch



Your Goal Is

**Regular Movement
Every 30 Minutes**



4 Left and Right Hip Stretch



ACTIVE STANDING

1 Leg Squat Band Stretch



Micro-Movements Sitting & Standing



2 Tricep Extension Leg Stretch



Stability
Agility
Mobility

Practice **STABILITY** in daily living to improve **AGILITY** at play and to enhance **MOBILITY** for life.

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