

Fitter International Inc.

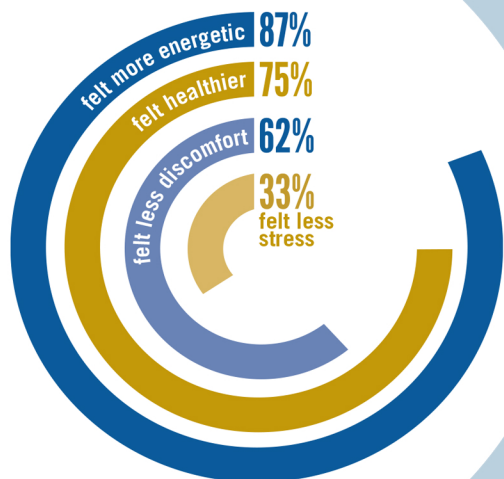
Is the Proud Canadian Corporate Dealer
for Vari® and VariDesk®

Fitter's brand Fitterfirst® has been
"Leading the World to Better Balance"
since 1985!

ACTIVE OFFICE

Revive Your 9 to 5

Make any workplace an Active Office!



What is an ACTIVE OFFICE?

An **ACTIVE OFFICE** provides easy access to frequent changes between sitting and standing while promoting good posture to maintain a positive relationship with gravity.

"Your goal is to move for at least 1 minute every 1/2 hour while working."

ACTIVE SITTING & PERCHING

- Gives a low-level of instability under the user with products like the Ball Chair, Dynamic Chair, or Active Disc.
- Encourages the body to stabilize & move with gravity all day long.
- Builds a stronger core that is better prepared to prevent injury.
- Motion keeps blood flowing and the mind engaged.

ACTIVE STANDING

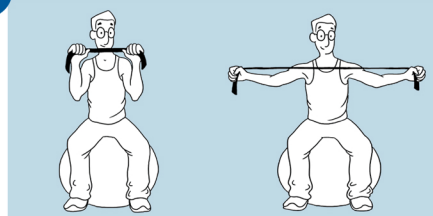
- Enhances focus and helps you burn more calories than sitting.
- Easier access to micro-movements keeping you in harmony with gravity.
- Allows for multiple foot position options with comfortable surfaces.
- Natural movement around good heads-up posture all day long.

Get your **ACTIVE OFFICE** with Vari® and Fitterfirst®

"Deskercise" Routines with SAM and Fitterfirst Flat Bands

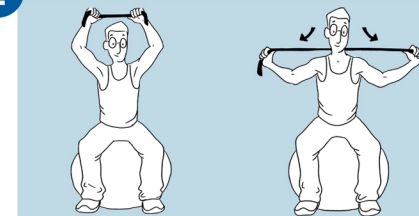
ACTIVE SITTING

1 Front Band Stretch

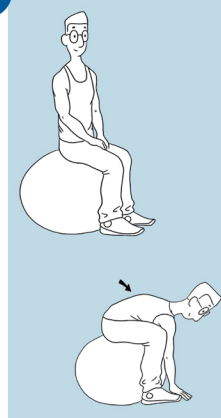


EXERCISES PROVIDED BY FRESH! WELLNESS

2 Front to Back Stretch



3 Lower Back Slow Stretch



Your Goal Is

**Regular Movement
Every 30 Minutes**

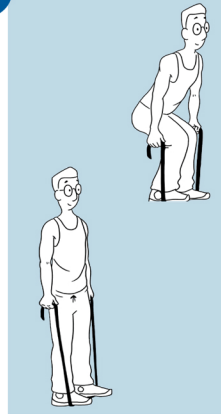


4 Left and Right Hip Stretch

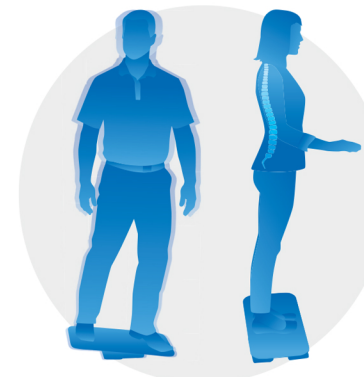


ACTIVE STANDING

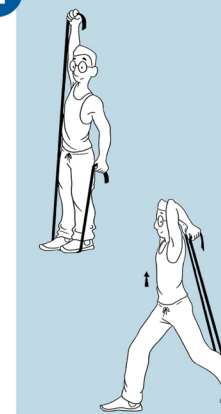
1 Leg Squat Band Stretch



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.