



WELL-BEING  
Item Number: 300160

# Active-Feet



DESIGNED FOR  DANISH STANDARDS



# Active-Feet

In the modern work environment, where sedentary tasks dominate, it can be crucial to integrate movement and exercise to avoid discomfort and sick days.

The use of aids for movement at the workplace and the encouragement of a more active workday is about much more than just preventing physical disorders. It delves into the cumulative benefits for both the employees' well-being and the company's performance. Here are some additional reasons why it is critical to promote movement in the workplace:

**Improves mental health:** Regular exercise has been shown to have a positive effect on mental health, including reducing symptoms of anxiety and depression. A workplace that promotes activity can help create a more positive work environment and supports employees' mental health.

**Promotes creative thinking and problem-solving:** Movement increases blood flow to the brain, which not only improves focus but also creativity. Physical activities such as a short walk during a break can often provide new perspectives on work-related problems, promote creative problem-solving and lead to innovative ideas.

**Reduces absenteeism:** By addressing and preventing both physical and mental health problems, a workplace focused on movement can help reduce the frequency and duration of employee sick leave. This has a direct positive effect on the company's productivity and costs.



## Product Overview

|                   |  |
|-------------------|--|
| Product size:     | 62 x 43 x 29 cm                            |
| Foot pedal size:  | 38 x 14 cm                                 |
| Weight:           | 11.5 kg                                    |
| Material:         | Steel tube + ABS                           |
| Display Function: | Time, speed, distance, and calories        |
| Resistance:       | 8 levels of adjustable magnetic resistance |
| User weight:      | Max 120 kg                                 |



**Improves work satisfaction and engagement:** Employees who feel supported in their health and well-being at work are more likely to be engaged and satisfied with their job. This leads to lower employee turnover and attracts talent, as a healthy workplace culture is attractive to potential employees.

**Contributes to a sustainable work culture:** Investing in employees' health signals a long-term commitment to their well-being and to the environment, which supports sustainable work practices and the organization's social responsibility.

These versatile benefits underscore the importance of incorporating physical activity and exercise into everyday life at the workplace. It proves to be essential not only for the individual employee's well-being but also for the organization's overall health and efficiency.

# Custom FIT

## Individual Workplace Adjustment

Your employees are different and work differently. With a Custom FIT, we review each employee's workplace with the aim of ensuring optimal working conditions for the individual.

A Custom FIT includes an ergonomic review of the employee's body position in the working situation, with special focus on the back and neck, where many experience problems. At the same time, we make measurements and observations in relation to air, light, and sound.

During the review, we primarily solve the challenges that can be handled with a better arrangement of the existing work tools. This may involve adjusting the chair, desk height, or rear-

anging items on the desk. In addition, we guide the employee on what they themselves can be aware of in relation to maintaining a good work posture.

After reviewing all employees' work situations, we compile a set of recommendations for the management with initiatives that will optimize the working conditions for each individual.

### **BONUS:**

**With all Custom FIT reviews, we provide a package with tools for light exercises throughout the work day.**



ERGONOMICS



WORKPLACE LIGHTING



ACOUSTICS



INDOOR CLIMATE



WELL-BEING



Read and see more at  
**xsystems.dk** or contact us  
now at **tel. 0045 86 85 43 43**  
or **salg@xsystems.dk**

### **Ergonomic Review**

A review takes approximately 15-20 min. per employee.  
If something can be corrected on the spot, we do it  
together with the employee.

