



Do it for your health.

# Get Fit

with the mat designed specifically to help you stand comfortably for hours while you work.

100%  
CUSTOMER SATISFACTION  
GUARANTEED

MADE  
IN THE  
USA



# STAND UP

for your health.

Introducing the **GET FIT STAND UP MAT**

ONE SOURCE FOR MATS

# Sitting Disease??



## The Facts:

- Did you know that sitting is becoming the new smoking?
- The average American spends 1/3 of their life at work.
- Prolonged sitting at work can have far reaching negative effects on your body.
- When sitting, electrical activity is diminished which causes negative metabolic effects.
- Prolonged sitting causes neck and shoulder discomfort, stiffness, and even migraines.
- People who sit at work are 54% more likely to have heart attack than those who stand.
- Workers with 10 years of sedentary activity at work are twice as likely to be diagnosed with colon cancer.
- “For people who sit most of the day, their risk of heart attack is about the same as smoking.”- Martha Grogan, Cardiologist, Mayo Clinic

Sources:  
<http://www.juststand.org>  
<http://www.smithsonianmag.com/science-nature/five-health-benefits-standing-desks-180950259/?no-ist>

## It's no joke. The problem with sitting at a desk all day:

Do you feel tired and sluggish after leaving work?

Do you sit at a desk all day?

Have you gained weight?



This tired feeling is caused from sitting all day. This can even progress into what is called the “Sitting Disease” by health professionals.

The Sitting Disease includes obesity, type 2 diabetes, cardiovascular disease, and even cancer.

## One simple solution: Stand comfortably while you work.

One solution to “Sitting Disease” is to stand while you work. Standing at work helps you burn more calories and can actually help you lose weight.

## Introducing the GET FIT STAND UP MAT

Get Fit Stand Up Mats are designed for use at stand up desks and provide workers with a comfortable surface to stand on for hours and hours while they are burning more and more calories.

Get Fit Stand Up Mats are manufactured with 5/8” thick closed cell nitrile blended cushion for maximum comfort while standing long hours. They are constructed with a polypropylene fabric top in 6 colors to match your office décor. Multiple sizes are available to fit the needs of your employees and their workspaces.

**Join us today in putting a stop to the Sitting Disease!**

