



## ERGOFLIP ACTIVE STOOL

**SKU:** N/A

### GALLERY IMAGES





## PRODUCT DESCRIPTION

### TWO SEATS IN ONE!

The dual functionality of the **ErgoFlip Active Stool** allows you the option to effortlessly flip from a conventional cushioned ottoman to an instability surface boasting all the health benefits of a fit ball.

- Shapes your daily health
- Strengthen Core & Back
- Improve balance & stability
- Promotes better seating posture
- Increase energy & burn calories

The ErgoFlip Active Stool has high adjustability, seat height to individualise the device to the user and includes seat tilt control.

### Standing is not the only solution!

#### **Are standing desks really the best option for your health and productivity?**

Ultimately, too much standing *or* sitting would result in discomfort and no matter how much you exercise you cannot reduce the negative effects of prolonged sitting.

The ErgoFlip Active Stool is designed to provide movement that your body craves to reduce spinal load in order to prevent musculoskeletal discomfort during extended hours of sitting.

The instability surface will increase core strength, since the abdominal muscles must be constantly engaged to hold you upright. Improving core strength, posture, balance, and stability just like a fit ball.

### **Our bodies are not designed to sit still.**

The makers of ErgoFlip have joined forces with one of Australia's leading Physiotherapists in creating an innovative and unique program to engage in active sitting.

The ErgoFlip Active stool can benefit those with musculoskeletal disorders, those needing rehab, pre and postnatal mums and seniors. It makes the ideal device for health professionals to use for their clients.

The dynamic nature of the sitting surface encourages the active muscles to work and achieves our goal of sitting well."

*The Ergoflip has been listed in the  
Australian Register of Therapeutic Goods (ARTG)  
Medical Device Class 1  
under registration No: 305942.*



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