

The benefits of Steppie

Our body is made to move

When we stay still for long periods of time, our body starts to ache. Modern behaviour has us sitting for longer periods each day, be it eating meals, commuting by train or car and watching TV. Add to this working in front of a computer for up to 8 hours, the body begins to suffer.

Reduce sitting, increase standing and moving

To counteract the effects of a sedentary lifestyle it is recommended that office workers should stand while working at their computers, this increases their N.E.A.T.

None Exercise Activity Thermogenesis (N.E.A.T) is the energy that we use while completing small movements and activities throughout the day.

Make it easier to stand longer

The body finds slight amounts of movements less tiring than standing still. Standing on Steppie is all about balance. When standing on Steppie, with your feet in line with your hips, any slight movement causes the Steppie to move. Your muscles and core will work to stabilise and re-balance your body. Each one of these movements increases muscle use and N.E.A.T. output.



Steppie works with our whole body



One of the developers of Steppie, Gitte Toft, a trained acupuncturist, reflexologist and masseur has advised the following about Steppie:

When first used, it's normal to feel fatigue all over the body, this means that you are using your muscles and increasing your N.E.A.T output.

Start with half an hour at a time, so your body can get used to the extra work.

Some people can feel warmer feet, it is healthy and comes because of the increased blood circulation.

Finding balance of Steppie also encourages proper posture, which works the muscles in the core, back, shoulders and neck.

The design of the Steppie makes all of this movement instinctual and natural that you don't realise you are doing it, Steppie makes it easy to stand longer.