



MAXIMIZING THE BENEFITS OF YOUR OFFICE FOOTFIDGET®

The Office FootFidget® comes W/2 sets of colored bands:

Yellow: Heavier resistance for standing applications

Black: Medium resistance for sitting applications

Combine both Yellow and Black: Maximum resistance when used standing. if needed.

RECOMMENDATIONS FOR PROPER COLOR BAND AND NOTCH UTILIZATION

The Office FootFidget is a “non-exercise activity” which you can use throughout your day to provide increased activity either sitting or standing. (1) The non-distracting, subtle activity can provide ergonomic positioning, decrease low back strain through core activation, and increase circulation in the large muscle groups of your legs and core. This can increase caloric expenditure and comfort! Recent research on the FootFidget®, titled "Chair based fidgeting and energy expenditure" has been published in BMJ Open Sport & Exercise Manual, Volume 2, Issue 1. “This study found that calorie expenditure increased significantly while using the FootFidget® when compared to a standard office chair”. (2) The Proprioceptive input from pressing down on the FootFidget® increases focus and attention to increase productivity, energy level and comfort throughout the day. The FootFidget® is not meant to be an exercise per se - You do not want too much resistance especially in the sitting position – this can cause undue fatigue and strain. If the Office FootFidget® is to be used with a Sit-Stand desk, it can be positioned to be used in both positions seamlessly – typically in a mid-notch position with the yellow band.

SITTING: While sitting the black band is typically recommend. While sitting, the middle or lower notch is typically a comfortable height and provides the correct ergonomic positioning and proper excursion or movement needed for maximum benefit. The Ergonomically correct positioning: Active knee slightly higher than the hip and lower leg at a 90 degree angle to the floor. The active leg should be pushing straight down on the device. If you have the device too far out in front of you, the device may tip. To prevent tipping with an overly active user, the non-active toe can be placed on the frame as noted below.

STANDING: While standing, band selection of black, yellow or the combination of both will depend on the size and needs of the user. The yellow band is generally recommended while standing, and is typically used in either the top or middle notch depending on the height of the user, to provide proper ergonomic positioning and proper excursion-movement. Depending on user comfort, if the user requires more resistance while standing, the combination of both yellow and black bands can be used together. This combination is only recommended for standing.



Correct Standing Alignment with the Office FootFidget®:

The active foot presses straight down on the device as illustrated in a slow, rhythmic, comfortable up/down movement. Alternate the active foot as comfortable.



Correct sitting Alignment with Office FootFidget®:

The active foot on the device with knee slightly higher than hip, and lower leg @ 90° to floor as illustrated. The active foot presses straight down on the device in a slow, rhythmic and comfortable up/down movement. Alternate the active foot as comfortable.



To stabilize unit sitting:

Depending on positioning and personal use pattern – you can stabilize the device by placing the non-active toe/forefoot on the device as illustrated by the arrow.



Improve the ease in attaching the assembly cord loops to the frame:

Place the first 2 Loops on one narrow end of the frame and place on this narrow end down on floor. Stabilize the frame with one foot as noted with arrow. Stretch the remaining 2 loops up over ‘top’ arms of the frame and slide into the notches. Adjust to desired height by sliding all 4 loops to the same notch.

OFFICE FOOTFIDGET®

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NEAT stands for the science of Nonexercise Activity Thermogenesis developed by Mayo Clinic.

Designed by Physical Therapists