

At the office or at home
Keep active, keep healthy!
with AFS-TEX Active anti-fatigue & exercise systems

When working from home we tend to work for more hours than normal. Many people use the time saved not travelling to work even longer.

When working at the office we often have a restricted workspace and little time or opportunity to visit the gym or fitness studio. This has become even worse with restrictions on our movement and the availability of proper exercise facilities.

Obviously this means we spend more time sitting and living a much more sedentary lifestyle. Studies have shown that sitting for long periods is not only bad for your spine, but has many more negative effects on our bodies than we ever thought.

It can even lead to serious health issues and a shorter lifetime. The enforced reduction in exercise opportunities does nothing to help this - the negative effects of that are obvious.

Our range of AFS-TEX Active products provide an economic, effective and active ergonomic 'home office' and 'office' solution that helps you to work, exercise and reduce fatigue wherever you are.

While working or exercising
Keep moving & stimulated
with AFS-TEX

In the traditional office, AFS-TEX products are perfect for using with standard or adjustable desks and with office seating.

At home however, not everyone has access to expensive ergonomic equipment like height adjustable desking and ergonomic chairs. But don't worry!, our products are designed to be used just as well in the home or home office environment.

Developed to induce movements which stimulate balance control, they help to improve and maintain posture, core strength and blood circulation whether you are sitting or standing. This in turn reduces fatigue and helps to improve focus and concentration.

Our products can help to supplement your essential daily exercise when it is difficult to maintain your normal exercise routine.

Even when not used as part of a pure exercise program, AFS-TEX products are designed to encourage movement while you work. This keeps you effectively stimulating your muscles, your core and your metabolism.

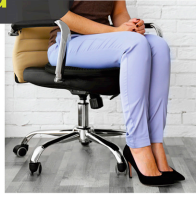
Active exercise! even while you work!

Strengthen core & mind



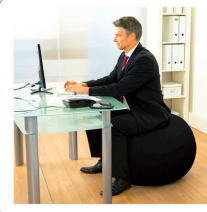
Movement and balance while standing!

Helps improve posture, circulation and core strength while reducing fatigue. Balance Boards are also used in fitness studios and gyms to train and work the important body core muscles.



Active sitting and massage!

The ideal tool to strengthen and work the lower core, glute and leg muscles while sitting. Maintaining balance and sitting in an upright position also helps to improve focus and concentration. Actively reducing feelings of fatigue.



Keep moving while sitting!

The gentle instability of the Active Balance Ball makes you move and use your core to maintain a sitting balance. Core muscles are key in maintaining a healthy spine and body posture, while movement stimulates circulation.

Active product types that traditionally have been confined to the fitness studio or gym, have now been improved, modified and re-designed for use in the home or office. Wherever you work, AFS-TEX has the answer to help you fight the negative effects of a sedentary lifestyle.

- Builds core strength
- Improves coordination and awareness
- Reduces back strain



- Enhances wellbeing and concentration
- Reduces fatigue
- AFS-TEX anti-microbial additive

Fitness, movement & wellbeing as part of an exercise routine or while you work

All AFS-TEX products include our **tsBio anti-microbial additive**, which protects the product surface from microbial deterioration. The additive acts 24/7 and will not wash off or wear away.

The AFS-TEX Active range makes 'working exercise' spontaneous and subconscious; strengthening the body's core and aiding long term performance - while also providing superior fatigue relief. *In the home or at the office.*

