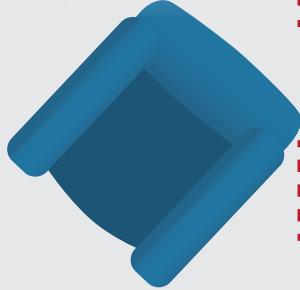


13 WAYS TO BUILD A BACK-PAIN-PROOF OFFICE

Mini-breaks
Should not be discouraged

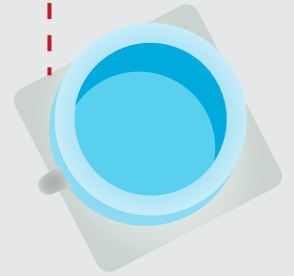


Transform disused space
into exercise areas



Step up
Your interior design to encourage movement

Water is life
Get your office drinking more



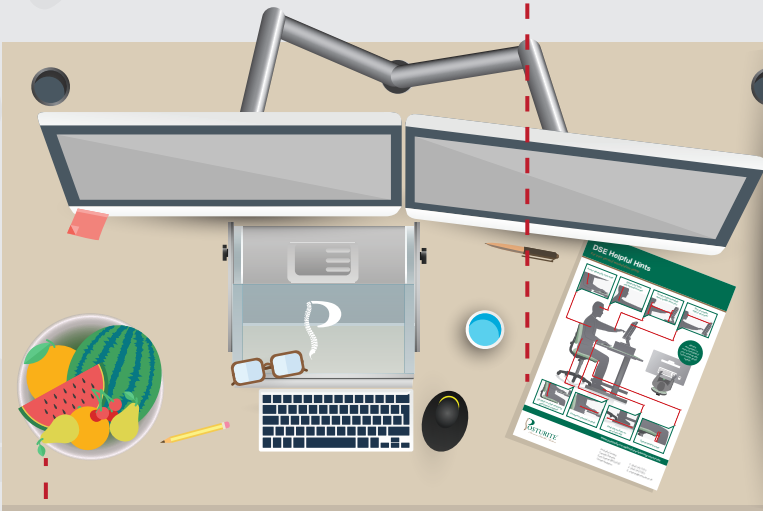
Counting steps
Make your trip to the cooler count

Agile working
Work on-the-go with maximum flexibility and minimum constraints

DSE assessments
A few simple changes can transform your body

Techneck busters
Straighten up your habits with tablet and phone stands

Liberate desk jockeys
With sit-stand desks



Reach for the sky
Teach your employees desk-based exercises

Nutrition
Fuels performance

Ergonomic seating
Saves you money in the long run

Wellness programmes
Back pain isn't just physical.
Address wellbeing for better office life