

# HUMANTOOL®

## Balance Board



### Soft, quiet and effective

The Humantool Balance Board is an effective way for a person standing to maintain some healthy motion. The body is able to get some exercise even when you are working.



[www.humantool.com](http://www.humantool.com)

# HUMANTOOL Balance Board

The structure of the board is soft and quiet, and it enables a natural and comfortable use also while you work.

- Decreases fatigue and swelling of the feet and legs by improving the circulation and metabolism. The return circulation of the veins is improved.
- Boosts the consumption of energy, meaning an increase in the burning of fat
- Balancing on the board activates the deep muscles.
- Activates the pelvic area which aids in maintaining a normal position in the neck, shoulders and back.
- Minimises the feeling of weight in your body.
- Feeling comfortable brings joy to your work days.

Due to the board's comfortable and soft surface material, standing on the board without any shoes feels natural and pleasant, and is also good for your health.



- **A hook for hanging:** While you are sitting or cleaning the floors, the board can be conveniently hung at the edge of the desk with the hook included in the delivery.
- **Easy cleaning:** Just brush, Hoover, or wash with water.
- **Made in Finland** of high quality materials
- **Size** Ø 45 cm
- **Color:** grey

*Have a good day at work!*

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