

FEEL GOOD

with Leitz Ergo



Anisha Joshi, Award Winning Osteopath

'We know that one of the main causes of pain is lack of movement! So, when I saw the Leitz Ergo range of products which encourages movement, the one thing I tell all my patients to try and do at their desk, I was very excited!'

Leitz Ergo Sit-Stand Desks

Compact and stylish sit-stand desks ideal for where space is limited. 80W x 60D cm desktop.



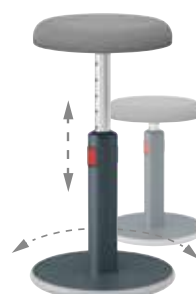
Anisha says...

'Sitting for prolonged periods is a key cause of musculoskeletal disorders. Move More, Sit Less = reduced pain.'

Electric Sit-Stand Desk	65-130cmH	51407AC
Pneumatic Mobile Sit-Stand Desk	75-114cmH	51414AC

Leitz Ergo Active Sit-Stand Stool

Move between sitting and standing while you work. With rounded base to encourage active. Height adjustable from 46 to 79 cm.



Anisha says...

'My recommendation to help your back as the rounded base encourages active movement by swivelling and rocking.'

	56634AC
	56627AC
	56641AC

Leitz Ergo Standing Desk Converters

Compact and easy to adjust between sitting and standing heights.



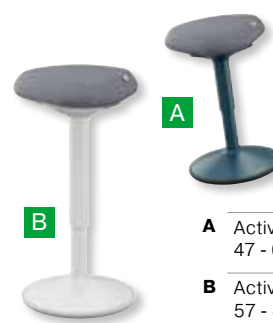
Anisha says...

'Allows the flexibility to move between sitting and standing while you work, invaluable in addressing lower back, hip, and neck strains.'

	56620AC
With pull out tray	56158AC

Leitz Ergo Active Stools with Comfort Seat

Triangular shape with unique Dual Density Foam (DDF) comfort seat to reduce pressure on the thighs and legs.



Anisha says...

'I love this Stool because it promotes movement while sitting. Helping to strengthen and reduce back pains.'

A Active Sitting Stool, 47 - 64 cm	51435AC
	51442AC
B Active Standing Stool, 57 - 82 cm	51449AC
	51456AC



Find out more about our products
www.exertissupplies.co.uk/leitz-ergo

LEITZ®




Leitz Ergo Rocking Footrest

Promotes a healthy posture and can be flipped over to use as an ankle rocker. Hand-washable cover.



Anisha says...

'Really good for circulation, helping to prevent stiffness in your feet throughout the day. **My favourite**'

	56704AC
	56697AC
	56711AC

Leitz Ergo Anti-Fatigue Mat

Ideal for use with standing tables and workstations. Strong, soft foam for enhanced durability.



Anisha says...

'If you're standing to work, you need this! Supports the soles of your feet to help with circulation and reduce fatigue.'

	56669AC
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Leitz Ergo Space Saving Monitor Arms

Perfectly mount in tight spaces, allowing maximum depth of field and optimal visual ergonomics.



Anisha says...

'60% of people that walk through my clinic door complain of neck pain. Raising the height of your monitor to eye level is key to prevent this.'

C	Single Monitor Arm		21811AC
D	Dual Monitor Arm		21818AC
E	Dual Monitor Arm & Laptop Arm		21825AC

Leitz Ergo Active Wobble Cushion

Inflatable seat cushion helps strengthen the back by promoting micro-movement. Designed to be used on any chair.



Anisha says...

'A fantastic way to maintain-movement and shift your weight bearing throughout your day which will no doubt reduce back pain.'

Active Wobble Cushion with fabric cover		52170AC
		52177AC
Active Wobble Cushion no cover		22889AC

Leitz Ergo Multi-Angle Laptop Riser

6 different height and angle combinations. Suitable for 13" to 15" laptops.



Anisha says...

'Great addition to any set up, raising the height of your laptop screen to reduce neck strain.'

	15889AC
	62383AC







Leitz Ergo Active Sitting Ball with Stopping Function

Keeps you moving all day. The Anti-roll safety feature prevents the ball from moving when you stand up.



Anisha says...

'I love the Active Sitting Balls because they do the one thing I always shout about. Promote movement at your desk!.'

Small, 55cm		62390AC
		22896AC
Medium, 65 cm		62397AC
		22903AC
Large, 75 cm		62404AC
		22910AC



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