

# Step-fit



Registered design by 1st Consulting

## Rehabilitation or Exercise Stepping Block

Assembled/disassembled in minutes without nails/screws

Dimensions: Height 14cm, Width 40cm, Length 65cm, 2kg, delivered flat packed



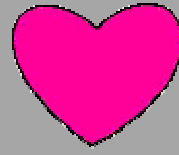
Self assembling, flat pack delivered, registered design exercise and rehabilitation step made from strong yet light weight plywood with a varnished satin finish and two non-slip stripes on the top surface.

Has side slots for carrying, trapezoidal shaped feet for stability and a scalloped top for prevention of tripping and improved looks.

- ✓ **Super strong, inexpensive and attractive plywood step with non-slip strips.**
- ✓ **Compared with some plastic aerobic steps**, Step-fit is cheaper, can withstand body weights over 100kg, has wider dimensions making it better suited for older people, for rehab and for larger builds ; can be disassembled for storage and can be flat packed into an envelope for easy postage or transport.
- ✓ **Designed by an engineer** to withstand body weights of up to 300kg and to resist tipping via scalloped top plate and tapered side legs. It assembles/disassembles in minutes without nails or screws (registered design).
- ✓ **Design assistance was also obtained from a physiotherapist** to ensure it has the correct dimensions for safe stepping exercises. Suitable for all ages & body sizes. People with knee injuries or knee pain should consult their doctor/physiotherapist before using Step-fit.
- ✓ **The idea for step-fit came about when one of the designers (a medical nutritionist) had trouble getting some of her** overweight and/or elderly patients to walk outdoors for weight loss and fitness. This simple piece of inexpensive equipment has enabled many of her housebound patients to lose weight safely and improve fitness and mobility. Boreham et al., (British J Sports Med, 2005; 39: 590-593) have shown that as **little as 11minutes of stepping per day** improves fitness and cardiovascular risk factors and to be equivalent to a 30min walk.



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## Order Form (wholesale)

Name: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

### PAYMENT OPTIONS

1) **Direct Debit** - Account name: 1st Consulting BSB 033060 Account no. 194856

2) **Cheque**: make cheque payable to: 1st **Consulting**

**Cost: \$80** includes postage/handling (not registered to charge GST)

Recommended Retail Price \$99.95

**Dimensions:** Height 14cm, Width 40cm and Length 65cm

**Please post order form with payment to:**

1st Consulting, 167 Charman Rd, Beaumaris, Vic 3193

**or if paying by direct debit fax order form to:** 1st Consulting Fax: 03 95154544

**Enquiries:** 1st Consulting mobile (+61) 0404041438 or blazos@optusnet.com.au

Also available on website [www.healthyeatingclub.org](http://www.healthyeatingclub.org)