



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



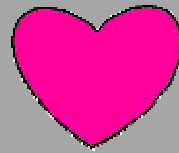
Self assembling, flat pack delivered, registered design exercise and rehabilitation step made from strong yet light weight plywood with a varnished satin finish and two non-slip stripes on the top surface.

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 (retail)

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: \$120.00 (includes GST, free delivery anywhere in Australia)

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

Number of units ordered _____ x \$120.00 = \$ _____ total paid

Please post order form with payment to:

1st Consulting, PO Box 2834, Cheltenham, Vic 3192

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

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

More info/order form at: <http://www.healthyeatingclub.org>

Also available from **ACCESS HEALTH Physiotherapy supplies**

Unit 1 Rear 194-196 Whitehorse Rd, Blackburn Vic 3130

Ph 0398781399 or 1300 659540 Fax: 03 98787099

www.accesshealth.com.au; sales@accesshealth.com.au