Take Your Fidgeting to a Whole New Level

Introducing the

PORTABLE Foot Fidget FOOT REST

www.footfidget.com
www.classroomseatingsolutions.com
The Dynamic FootFidget® Foot Rest Series
Versatile designs to Fidget to health and success
no matter where you are!

The Portable FootFidget® Foot Rest
Do you have to sit or stand longer than you are comfortable due
to work or school? Do you have difficulty focusing on your work or
feel like you can’t sit still? Do you find yourself fidgeting or finding
excuses to get up and move around? Does your back start to ache,
your feet become ‘busy ’or are your legs falling asleep while sitting to
read or watch T.V.? By fidgeting with your feet against the heavy
resistance of the Portable FootFidget® Foot Rest, you will realize energy
releasing, focus attaining movement while providing the gentle exercise
needed to relieve low back pain and increase circulation in your legs
for increased comfort. The Portable FootFidget® is a dynamic footrest
that can be used anywhere you need to sit or stand comfortably,
especially for longer periods of time! Take your Portable FootFidget®
anywhere you go - home, school or office!

‘Fidgeting’ or pressing the foot up and down against the flexible heavy
resistive material of the FootFidget® while sitting or standing can
result in the following benefits:
• improved focus and attention
• core activation to increase trunk support
• improved posture and decreased low back strain
• increased levels of alertness
• improved concentration and memory
• increased circulation to decrease pulmonary edema
• improved comfort and endurance
• increased caloric output

The Portable FootFidget® Foot Rest
The Portable FootFidget® can be used sitting or standing by:
• business people at their desks or standing work stations
• the elderly while sitting (for gentle exercise)
• students at school with ‘busy feet,’ constantly tilting back in
  their chairs or laying their heads on their desks
• people sitting to watch TV, read or play games (burn
  more calories!)
• sitting at a desk while doing paper work or using a computer
• standing at a counter while doing work on the computer or
  surfing the web

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