

# YOUR HELP IN EVERYDAY LIFE



Get up today and experience all the benefits, including:

- Improved posture
- Increased metabolism
- Varying working positions
- Increased productive
- Better energy throughout the day
- Prevention of muscle tension and pain
- Increased concentration and creativity
- Risk reduction of 35 different lifestyle diseases

#### Sensor

which notices whether you are at the table

#### LED indicator

which gives you a quick overview

#### Flexible

so it can be used on the home office

#### Automatic connection

with mobile via Bluetooth

#### Built-in vibrator

with silent nudging

#### Built-in charging station

to your mobile

#### Built-in height measure

which indicates your correct sitting and standing position



Reminds you to stand up



Auto registers your active and inactive time



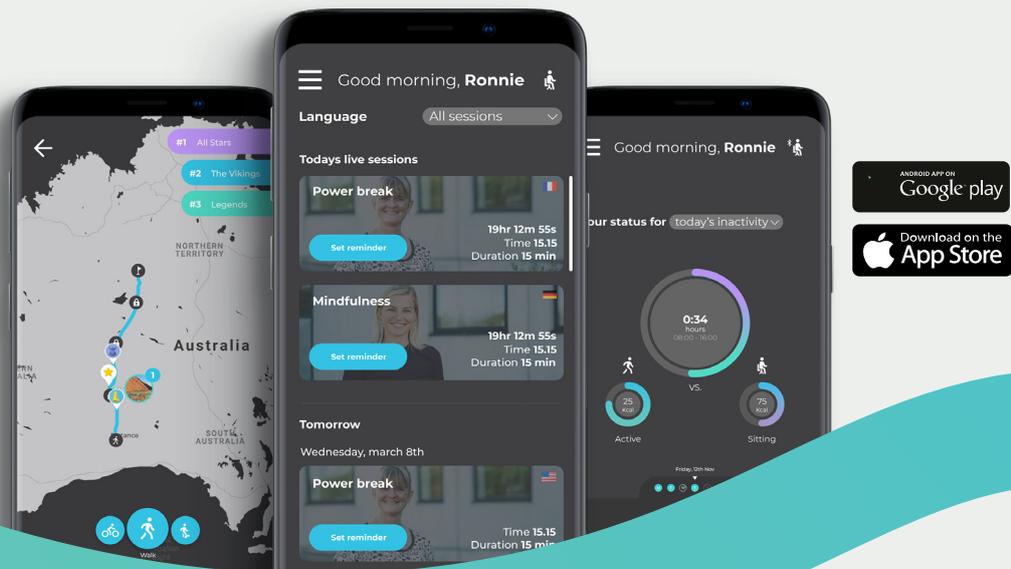
Ergonomic helper



Activity indicator



# MAKE EVERYDAY LIFE MORE ACTIVE



## What you get with the app



A personal dashboard that shows an overview of your daily activity



A challenge function where you can participate and challenge your friends and colleagues in different activities indicator



An activity indicator that measures your active and sedentary time



Live sessions with a minimum of 4 new sessions each week focusing on everything from movement to breathing exercises



Collection of health data from other devices to track your total sedentary time during the day



Connection to other physical equipment using Bluetooth



# IT'S TIME TO GET UP



Reminds you to stand up



Auto registers your active and inactive time



Ergonomic helper



Activity indicator



## A discreet friend on the sidelines

With GetUp, long sedentary working days are over. Use the GetUp Assist and the associated GetUp App, to gain a healthy working life with daily movement. The GetUp Assist and App helps you to get up from the chair. It optimizes your day with varying working positions, so you get more energy throughout the day – also after work.

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