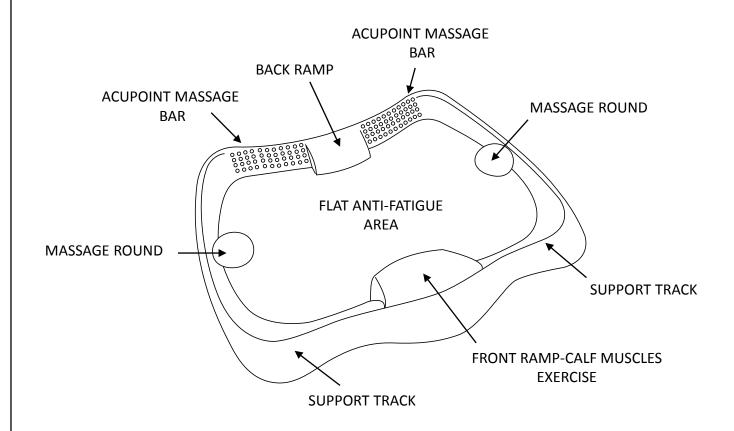


How use an anti-fatigue mat?



Flat anti-fatigue area: give your feet and legs a cushy break from the hard floor

Massage mounds: give the soles of your feet and arches a nice massage

Support tracks: an alternate position for your feet

Power wedge: an alternate position foryour feet and great calf stretcher

Acupoint massage bar: take your shoes off and stimulate your feet

