

Hack Your Mat

People who use standing desks often have an antifatigue mat. Antifatigue mats work by giving your feet a softer surface to stand on. This can help improve circulation and therefore increase comfort.



What's the Problem? Most people do not want to stand or sit ALL day. They want to change when needed. In order to change from standing to a chair, and vice versa, the user needs to bend down to move the mat out of the way, causing potential back and knee pain.

A solution: Add a slider! By adding a slider, you can remain standing and just use your toe to move the mat around easily.

Image Source: www.yourbestdigs.com/reviews/best-anti-fatigue-mat/

What & How

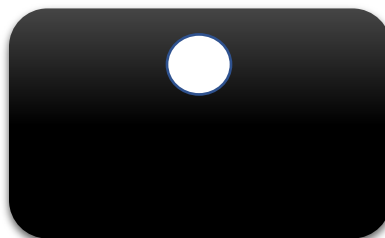
What: Get a doorknob wall protector. (Thin, plastic disc that is sticky on one side, smooth on the other) These can be found at the dollar store, Amazon, or any store hardware sections. Look for at least 4 inches wide, 5 is best. Price range is about \$0.50 - \$3

* Note - Make sure you use a THIN disc. Thick protectors can create an edge to trip on.



Image Source Walmart.com

How: Turn the mat upside down and stick the disc to the front, middle area of the mat. Turn the mat over to the correct position and now you should be able to slide it easily all around.



Bottom View

