

Ergonomic & Therapeutic Essentials

Bodysmart sources only the best ergonomic products available and has them delivered to your office at very competitive prices.

We integrate expert advice with an efficient service.



All products in this catalogue are selected & used by our team of Physiotherapists & Occupational Therapists.



Ellipta Multi-Directional Flat Screen Arm.

Ultra-modern & sleek flat screen multi-adjustable, extendable monitor arm.



Bodyfit Mid-Back Ergonomic Chair.

Fully adjustable Australian made ergonomic chairs for everyday office use. Custom build your own chair to your needs!



Plantronics CS60 Wireless Headset.

Stylish headset gives excellent sound quality and hands free wireless freedom up to 100m from your desk.



Kensington Laptop USB Raiser.

Stylish laptop raiser with 4 port USB 2.0 hubs and built in document holder.



Evoluent Mouse.

Ergonomically designed mouse places hand and forearm in neutral position.

More products inside! >>

Some Bodysmart tips...

Ergonomics is about matching equipment to the user and the task to the worker. Poorly designed work environments with inappropriate equipment will promote incorrect posture and positioning. In the long-term this may lead to adverse changes to the body such as altered spinal alignment, premature joint and disc degeneration, nerve compression and decreased muscle flexibility. As a result symptoms such as neck pain, headaches, shoulder pain, RSI and lower back pain may be reported.

To prevent and alleviate symptoms, carefully selected and adjusted equipment can significantly improve posture, comfort and positioning. In addition worker efficiency and thus productivity is often increased due to improved alignment. *Ergonomic and Therapeutic Essentials* is a collection of products selected and tested by Physiotherapists and Occupational Therapists. Products are selected based on their functionality, ergonomic design features, usability, durability in the workplace environment and value for money. To achieve the best results it is recommended products are integrated as part of an ergonomic assessment.

Shoulder pain or mid-back tightness

- Shoulders to be positioned back & down, not forward / rounded
- Keyboard & mouse are used with elbows positioned by side
- Office chair supports mid-back
- Chair is raised so that elbows are positioned slightly above table height
- Frequently used objects are within easy reach

Headaches & neck pain

- Correct monitor height by raising screen to align eyes with top 1/3 of screen
- The copy holder/angle board is centrally positioned to minimise excessive neck movements.
- Writing & reading is completed on a raised slanted surface
- Never cradle phone – use a headset
- Drink plenty of water

RSI, wrist & forearm pain

- Forearms are not elevating to use the keyboard
- Wrists are straight when typing & using the mouse
- The keyboard sits flat on table
- Mouse is used close to edge of keyboard

Low back pain

- Back of chair is raised to adequately support curvature of lumbar spine
- Hips & knees are positioned at 90° to reduce pressure on lower back
- Use footrest to reduce pressure on lower back if thighs are not parallel with floor

Feet & ankle discomfort

- Take regular rest breaks to increase blood circulation
- Ankles are positioned at 90° directly underneath knees on sturdy base or footrest
- Appropriate footwear is worn

Suffering from aches and pains? Have you adjusted your workstation correctly?

DOCUMENT HOLDERS & ANGLE BOARDS

Reading, writing or copying from a flat surface creates poor neck and upper back posture. This may cause neck and back pain, shoulder tightness and headaches. An angled work surface improves comfort and neck posture by limiting excessive neck movement.



Ergotilt Angle Board.
Easily adjustable (2-39°) angle board for reading and writing tasks. Improves posture and reduces neck and back strain. Perfect for students and office workers. Standard size 500mmx400mm.

DHETS

Microdesk.

A3 document holder maximises desk space and provides a safe working posture for reading, writing and copying. Versatile with easily adjustable legs (front 80mm, back 140mm) allowing a range of positions including over keyboard raise. Features large document lip and allows space for optimal arm positioning.

(310mmx560mm)

DHMD



3M In-Line Document Holder.

Sturdy A3 sized clear perspex copy/document holder. Features space saving adjustable base and sliding ruler to guide document reference.

(280mmx460mm).

DH3A3

3M Compact In-Line Document Holder.

A4 adjustable clear perspex copy/document holder. Lightweight and ideal for compact work areas. Features sliding ruler to guide document reference.

(239mmx370mm)

DH3A4

Booklift.

Small and lightweight, positions A4 reference materials between monitor and keyboard.

(290mmx24mm).

DHBL



TELEPHONE ACCESSORIES

Cradling the phone between the neck and shoulder may lead to long term degenerative changes which can cause a range of symptoms including headaches, neck and shoulder pain. A headset frees up the users hands and is essential for anyone required to type or write whilst on the phone.



Office Suites Telephone Stand.

Stylish with adjustable tilt function improves number viewing angle and reduces over-reaching.

THTS

Stackable trays also available.

NADT



M501 Wired Headset.

Head-band style, compatible with most telephones - for further assistance call Bodysmart.

THM501



Plantronics CS60 Wireless Headset.

Fully convertible with 3 wearing styles including; Behind the neck, Ear-Loop or Over the head. Range of 50-100m in a typical office with up to 9hrs talk time & fast recharge.

Intellistand senses when the headset is removed or replaced in the basic unit to automatically pick-up or end a call. (Requires HL10 Lifter). THCS60

Optional lifter allows user to answer phone when away from desk.

THHL10



Plantronics Voyager 510 Headset.

Lightweight and versatile Bluetooth® mobile headset. Enjoy all-day wearing comfort, clearer voice transmission and superior sound quality - without wires!

THL510

Optional Deskphone Adapter available.

THL510A



Plantronics Voyager 510 Headset System.

Bluetooth® Headset System combines both the wireless Voyager 510 Bluetooth® Headset and Bluetooth® Deskphone Adapter. This allows you to seamlessly switch between your office phone and Bluetooth® mobile phone.

THL510S





DESKTOP MICE

Mice in this range are selected for clients who spend most of their time at a fixed workstation with a PC. They range from basic wired mice to the most popular ergonomic mice designed to alleviate wrist pain, discomfort and RSI.



3M Ergonomic Mouse.
Unique vertical grip "joystick" mouse clinically proven to reduce muscle strain and discomfort. Right handed use only.
Sm 110mm (h): DM3S
Lge 116mm (h): DM3L



Evoluent Mouse.
Unique patented ergonomic mouse that places the wrist in the upright "handshake" position, thus reducing arm twisting and maximising comfort.
Rt Hand: DMER
Lt Hand: DMEL



Trackball Thumb Wheel Mouse.
A comfortable, space-saving design for your right hand. 3 customisable buttons and a scroll wheel.
DMLTI



Logitech MX400 Wired Laser Mouse.
Featuring superior precision this wired laser mouse is ideal for general desktop / laptop use. Comfort moulded shape for right hand use.
DMLCL



Logitech LX7 Wireless Optical Mouse.
Features a soft-touch rubber grip and contoured shape, wireless mini-receiver that installs effortlessly, eliminates clutter, and works with notebook or desktop PCs. DMLWO

DESKTOP KEYBOARDS

Keyboards should be selected based on job task requirements. Positioning and selection plays a considerable role in reducing wrist and forearm pain.



Evoluent Keyboard.
Very popular slim-line keyboard with number pad on left for improved typing and right handed mouse positioning.
DKE1



Targus Internet Multimedia Keyboard.
General purpose desktop keyboard featuring built-in multimedia controls and USB cabling.
DKTIM



Microsoft Natural 4000 Keyboard.
Promotes natural wrist angle. Includes multimedia and shortcut buttons, plus zoom in/out toggle.
DKMN4



Gold Touch Keyboard.
Unique customisable keyboard allowing both horizontal and vertical adjustment (0-30°). Promotes a natural posture that is conducive to improved comfort and productivity.
DKGW1 (White) DKGB1 (Black)



Logitech Flat Keyboard.
Thin, low profile design with full size keys and right side numerical pad. DKLUF



Cherry Keyboard.
Highly durable ultra slim keyboard (280mm long). No numerical pad to maximise desk space and optimise mouse positioning. USB and PS/2 interface. DKC1

NUMERICAL PADS

External numerical pads allow efficient input of data and are ideal for laptop or desktop users who don't have a full sized keyboard. This allows the keypad to be positioned or removed based on task requirements.



3M Optical Notebook Mouse with Numeric Keypad.
Combined optical mouse and numeric keypad. Travel/storage bag included. NA3NM



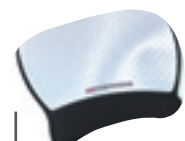
Targus USB Mini Keypad with Hub.
Slim low profile keypad designed for portability.
NATKH

MOUSE PADS

Specialised mouse pads can provide a flat, even working surface as well as increased precision, reducing unnecessary wrist movements.



3M Slimline Optical Precise Mouse Pad.
Flat mouse pad specifically designed for precision while using optical mice. MP30P



3M Padded Optical Precise Mouse Pad.
Built in gel wrist rest mouse pad, specifically designed for precision while using optical mice. MP30PG

NOTEBOOK MICE

Mice in this range are recommended for notebook users with portability in mind. External mice offer enhanced comfort and efficiency compared to a laptop touch pad.



Logitech V320 Wireless Optical Mouse.

Designed for comfort and mobility. Features soft rubber grips, zoom function & USB wireless mini-receiver that clips into base for enhanced portability.

NMLWO



Logitech V450 Wireless Laser Mouse.

This very comfortable and portable mouse features laser precision, integrated micro-receiver, zoom, and soft rubber hand grip. Very popular ambidextrous mouse for general use.

NMLWL



Targus Retractable Notebook Mouse.

Ambidextrous, comfortable, portable mouse features retractable USB Cable and Optical sensor. No batteries or receivers required.

NMTRL



Targus Retractable Mini Mouse.

Super small ambidextrous mini mouse with retractable 1.5m USB cable. Ideal for travel if size and weight restrictions apply. (95mmx55mm, 73g)

NMTROM



Bluetooth® Travel Mouse.

Compact, very light weight and stylish. Navigate your PDA and Laptop effortlessly with Bluetooth® wireless technology.

NMIB

NOTEBOOK KEYBOARDS

Keyboards in this range are recommended for notebook users with portability in mind. External keyboards offer enhanced comfort and efficiency compared to laptop keypads.



Foldable Bluetooth® Keyboard.

Full sized keyboard for Bluetooth® PDA's and laptop users, allows comfort for data input. Folds into quarters, includes carry case & detachable PDA/Phone stand (170g). NKISB



Keyboard Case.

Padded, lightweight, sealable keyboard sleeve to protect Cherry and Compact USB keyboards for travel.

NKCC



Ultra-Slim Bluetooth® Keyboard.

Sleek, award winning design. Folds out to 100% full size keyboard for touch typing. Universal compatibility with most Bluetooth® enabled devices. (186g). NKIUB

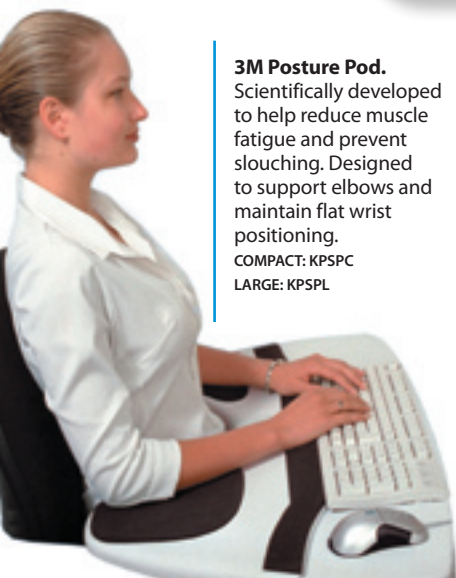


Targus Compact USB Keyboard.

Lightweight, compact and portable. Features standard-size keys, no integrated number pad for reduced size and portability.

NKTC

KEYBOARD / POSTURE SUPPORTS



3M Posture Pod.

Scientifically developed to help reduce muscle fatigue and prevent slouching. Designed to support elbows and maintain flat wrist positioning.

COMPACT: KPSPC

LARGE: KPSPL



Keyboard Platform.

Left or right hand mousing platform tilts and swivels out of sight. Keyboard arm slides under desk when not in use, maintaining height and angle settings. KPSPK

Keyboard trays and postural supports promote an open angle at the elbow and ideal upper body posture while typing.



PostureRight Wrist Support.

Contoured wrist rest positions wrists at a natural angle, gel with durable Lycra cover.

WR4



Keyboard Gel Wrist Rest.

Supersoft black fabric covered gel cushion. Designed to reduce wrist pressure areas.

WR2

FOOTRESTS

When an office chair is positioned at the correct height (ie: the elbows are slightly higher than the table), a footrest is often required to raise the knees to hip level. Footrests promote good ankle/knee positioning and relieve lower back pressure.



Z-Rest.

Sturdy and fully adjustable footrest (45-200mm) with independent angle adjustment for heels. Steel construction with carpet covering. Draughtsman height adjustable to 315mm - ideal for high desk heights. Available in:
Standard - 450x300mm FRZMI
Large - 450x350mm FRZM2
Draughtsman FRZD1



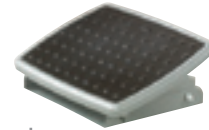
Sole-Mate Plus Foot Rest.

Adjustable angle and height (85-115mm) with non-slip rubber surface. (450mm x 350mm).
FRKSP



3M Adjustable Foot Rest Large.

Extra wide platform provides ample space for both feet. Heavy duty (4.5kg) steel construction with 3M Slip-Resistant surface. 100mm-127mm height adjustability. (550mmx350mm).
FR3L



3M Adjustable Foot Rest.

Durable steel base with contoured, non-slip rubber platform with floating angle. 100mm-120mm height adjustability. (457mmx330mm).
FR3M



MONITOR RAISERS AND ARMS

Monitor raisers allow your monitor to be positioned so your eyes are aligned with the top 1/3 of the screen. This helps reduce the prevalence of headaches, neck and back strain. Monitor arms allow efficient use of the desk space by holding the monitor off the table. This allows easy monitor height adjustment and enables clients to easily view the screen.

VISIT OUR WEBSITE AT:
www.bodysmart.com.au
FOR OUR FULL RANGE OF ELLIPTA ARMS & ACCESSORIES!

Ellipta Multi-Directional Flat Screen Arm.

Unique spring-tensioned design allows fluid multi-directional movement & adjustability with minimal effort. Available with desk leg to secure through 60mm cable hole or edge desk clamp for max 33mm desktop thickness. Multiple range of options available. (Contact us for more information).

Desk leg with arm.
H941914
Edge of desk clamp, with long arm.
H902915



Arm Dual Adapter Kits.

For use with Ellipta Multidirectional Flat Screen Arm on a "through desk mount". Adapter kit allows 2 screens to be supported on one desk leg.
MAED



Visidec Focus Articulated Arm.

Two desk mounting options. 6kg weight capacity. Max Monitor height 439mm, multiple rotation and adjustment features.
MASVF



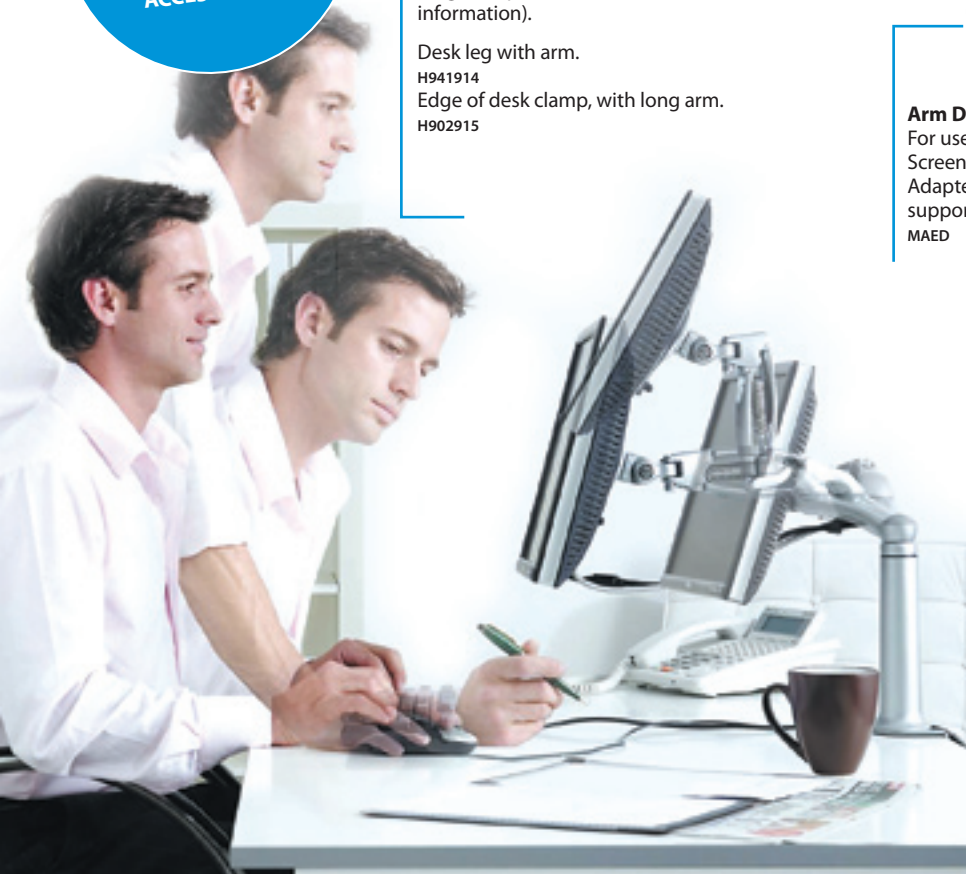
Visidec Freestanding Monitor Stand.

Supports flat screens up to 6kgs, adjusts in height from 290-410mm with 360° rotation at base and integrated cable management system.
MASVFS



Office Suites Premium Monitor Raiser.

Stylish and modern with 5 height settings. (100-150mm). Includes cup holder, drawer & top storage compartment.
MR0P



TABLES & WORKSTATIONS

Bodysmart sells a range of tables of all shapes, sizes, colours and levels of adjustability. A small sample is shown here - Please contact us for further assistance in choosing the correct table for your workspace.



Split Surface Desk.

Split Surface desk with unique front tilting platform and simple gas lift operation eliminates the need for large hand-wheels and a power source. Adjusts from sitting to standing height (620-960mm). Available in 2 sizes:
1280x830mm DSS1280
1690x830mm DSS1690



Sonnet Furniture Range.

Versatile range of office furniture allowing a multitude of configurations to adapt to most office layouts. Features 25mm desktops at a fixed height of 730mm. Excellent range of additional storage and filing components available.



Altitude Series Workstations.

Desk and corner workstation series incorporates crank handle mechanisms creating everyday height versatility (400mm range of adjustment). Rectangular desks and 3 or 4 way corner workstations available.



EASY
TWIST
ADJUST

Escape Adjustable Furniture Range.

Contemporary range of height adjustable tables with design dimensions that customise to the user & their office environment. Screw foot base easily adjusts table height from 650mm to 835mm. Simple cabling solutions and a unique range of accessories and storage available.



Flat Panel Desk Mount Arm.

Ideal for shared monitor raisers. Allows monitor to "float" and rotate in virtually any location and position above the desktop.

MAKFP

Corner Desk Extender.

Space saving solution to convert corner desks into usable computer workstations. Small (for desks 18mm-27mm). DCE25MM
Large (33mm). DCE33MM



FLOOR MATS

As well as protecting the floor, plastic floor mats are designed to reduce the force required to move the chair around the workstation. This assists in reducing unnecessary reaching.



Office Suites Monitor Raiser.

Stylish and modern with 5 height settings. (100-150mm). Includes slide out stationery tray.
MROS



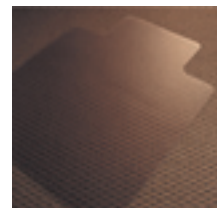
Standard Monitor Raiser.

Suitable for most monitors. Features stackable interchangeable legs. Standard heights, (50-100mm). MRFS
Premium heights, (50-150mm). MRFP



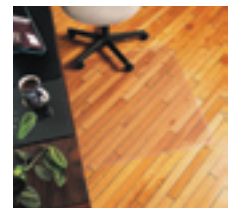
SmartFit Flat-Screen Premium Raiser.

Universal platform design fits any flat-screen monitor up to 21". Height adjustable on 3 vertical levels.
MRSFP



Carpet Floor Mats.

Plastic keyhole mat with carpet gripping for low pile carpet. Medium and dense pile carpet mats available on request.
Sm (900x1200mm) CMLPSM
Lge (1140x1350mm) CMLPL



Hardwood/Tile Floor Mats.

Features keyhole cut out, 2 sizes available.
Sm (910x1210mm) CMTS
Lge (1140x1350mm) CMTL

BODYSMART ERGONOMIC CHAIRS

FEATURES:

- High quality components
- Manufactured locally to Australian Standards
- Incorporates multiple ergonomic design elements
- 3 year warranty
- Onsite servicing available



Supportive, contoured backrest

High grade dual density contoured seat base

Adjustable lumbar support/backrest height

3 independent adjustment levers
- Height
- Seat Tilt
- Backrest Tilt

THESE FABRICS ARE ALL CARBON NEUTRAL & ALL CARRY THE ENVIRONMENTALLY FRIENDLY GECA ECOLABEL. YOU TOO CAN MAKE A DIFFERENCE BY SELECTING ONE OF THESE FABRICS!

PREFABRICATED CHAIRS



BodyFit.

Mid-back ergonomic chair for everyday office use. Choose from 3 available base sizes:
Small 45cm base CBFMW45B/V
Medium 48cm base CBFMW48B/V
Large 50cm base CBFMW50B/V
Choose from Blackbutt or Viola Wool Fabric.



BodyStyle.

Contoured and stylised high-back ergonomic chair. Choose from 2 base sizes.
Medium 48cm base CBSHW48B
Large 50cm base CBSHW50B
Available in Blackbutt Wool fabric.
Optional Adjustable Armrests
AA

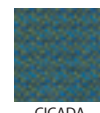
Sustainable Wool.



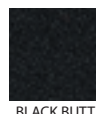
DEEP WATER



BLUE HAZE



CICADA



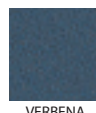
BLACK BUTT



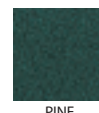
VIOLA



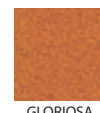
GREY GUM



VERBENA



PINE



GLORIOSA

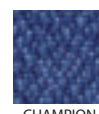


Lic: LF - 2006
Textile Products

Sustainable Eco-Polyester.



ARBITER



CHAMPION



DECEIVER



DEFECTOR



DESERTER



EXTREMIST



Lic: LF - 2006
Textile Products

BODYSMART CUSTOMISED CHAIRS

The most important aspect of your work-station design is your chair. A good ergonomic chair serves as a foundation for correct posture and back care. All Bodysmart chairs can be customised to your specific needs - to give optimal comfort, support and function.

Step 1 - Select from one of the 5 ergonomic designs



BodyFit.
Stylish, supportive and form fitting. Perfect for everyday office use.



BodyStyle.
Popular, reliable & durable ergonomic chair. Perfect for multiple users.



BodyForm.
Quality executive chair. Generous sized base & back support.



BodyRise.
Extended gas-lift seat. Foot-ring at base. Ideal for drafting & reception desks.

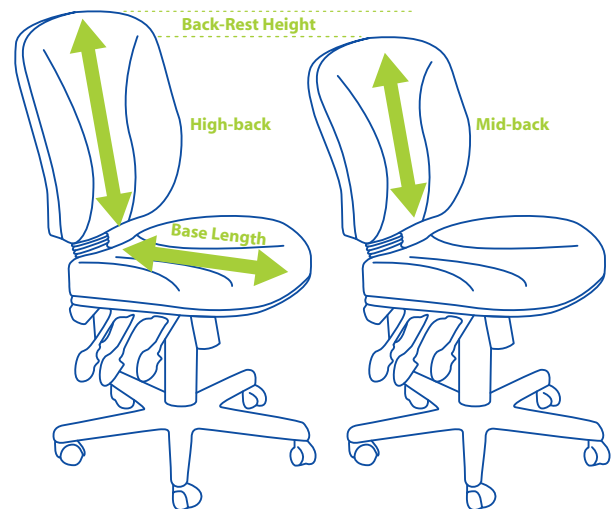


BodyFlex.
Contoured cut away back-rest designed for the petite person or child.

Step 2 - Choose back height

Select back-rest height:

MID-BACK Standard size, all purpose.
HIGH-BACK For taller people.
EXTRA HIGH-BACK For very tall people.



Step 3 - Choose base length

Select seat base length to reflect your height:

SMALL (45cm) Individual height <165cm approx.
MEDIUM (48cm) Individual height 165-175cm approx.
LARGE (50cm) Individual height 175cm approx.
Custom sizes available on request (at additional cost).

Step 4 - Select your fabric type and colour

All chairs can be made to your choice of fabric type and colour from the vast range accessed through our website or www.livingfabrics.com.au/glc_ecolabel.html

Our range includes:

Wool fabrics: Sustainable Living™ Fabrics (carries GECA Ecolabel) - 100% wool or wool blend for enhanced breathability and comfort. Most popular ranges include "Chelsea", "Chelsea Q" or "Kimberlys"

Polyester fabrics: Sustainable Living™ Fabrics (carries GECA Ecolabel) - Most popular range is the economical Eco-Polyester™ "Renegade" range

A small sample of the most popular colours from the eco-friendly Sustainable Living collection are displayed to the left. Leather options are also available upon request.

Step 5 - Choose extra features to suit your needs

Optional Extras to truly customise your chair:

Lumbar Plus	Adjustable built-in lumbar support. (LPL)
Adjustable Armrests	Easy height adjustable armrests to adapt to table height. (AA)
Swing-away Armrests	Easily rotate armrest to increase versatility & accessibility to workstation. (SA)
Extra Back Bar Length	For extra tall individuals. (EXB)
Extra Gas Lift	Raises chair higher for higher desks. (EXG)
Aluminium Base	Stylish polished aluminium legs. (AL)

EXECUTIVE & MEETING ROOM CHAIRS

This superior range of Executive chairs feature stylishly contoured seat bases and backrests that not only look the part but provide the comfort, versatility and support you have come to expect from Bodysmart. All Executive chairs are fully adjustable and customisable to the user's requirements. To truly complement your office, choose from the vast selection of wool or leather fabrics.

ALL CHAIRS ARE AVAILABLE IN THE FULL RANGE OF FABRICS INCLUDING LEATHER ON REQUEST. MEETING AND EXECUTIVE CHAIRS COME WITH ADJUSTABLE SEAT HEIGHT, BACK REST ANGLE & HEIGHT AND "TILTMATIC" TILTING MECHANISMS



BodyExec.

This popular, fully adjustable executive ergonomic chair features tilting seat mechanism, chrome base and stylish adjustable armrests. Choose the High or Extra-High backrest and various seat base sizes. The design incorporates style, quality, adjustability and durability. Sizes available:
48cm base with High back CBEHL48
50cm base with Extra-High back CBEEL50

BodyOpus.

This stylish, fully adjustable executive chair is ideal for boardroom and meeting settings, or the office workstation. Features tilting backrest mechanism, height adjustable armrests and chrome base. Choose from high or extra high backrest options.
50cm base with High back CBOHL50
50cm base with Extra-High back CBOEL50

Adjusting your ergonomic chair...

- 1 - Adjust seat so that when your forearms are parallel to the ground, your elbows are positioned slightly above the desk height.
- 2 - Ensure that the seat base is horizontal and not tilted forwards or backwards.
- 3 - Move lumbar support into lower back by altering the backrest height.
- 4 - Adjust backrest angle to a comfortable position (anywhere between 90° and 110°).
- 5 - Adjust footrest so that hips and knees are parallel.



NOTEBOOK / LAPTOP RAISERS



Notebooks are designed for portability and not for regular long-term use. Notebooks present a hazard for the onset of muscular & spinal conditions as they force the user to maintain poor posture. To promote optimal posture, external notebook equipment is essential.



Stackable Notebook Riser.
Places laptop at a comfortable height with adjustable tilt for optimal viewing angle. NROSS

Stackable trays also available to raise height. NADT



Notebook Raiser with Optional Docking Station.
Easily adjust notebook screen height for optimal viewing position. NRSF

Optional fully featured portable docking station attaches to notebook raiser. NAEDV



USB Notebook Raiser.
Ideal for notebook users based mainly in one location. Features integrated 4 port USB hub and inline document holder. Suitable for notebooks up to 16" NRKU

PORTABLE RANGE



Targus Tablet PC & Notebook Stand.
Lightweight, plastic construction with 6 adjustable levels and note holder clip.
NRTT



Lite Traveller 14T.
Portable, folds flat (11mm) and includes travel pouch. 4x height settings, suitable for notebooks up to 14", 3kg.
NR14T



Lite Traveller 17T.
Portable, folds flat (10mm) and includes travel pouch. 4x height settings, suitable for notebooks up to 17", 4kg.
NR17T



Aztec Notebook Holder.
The perfect travel companion! Stylish aluminium with integrated document holder and cable management system. 6 height adjustments (35-60°). Super lightweight (650g) folds flat and includes protective carry pouch. For notebooks up to 40mm thick.
NRAZ

NOTEBOOK ACCESSORIES

Ensure your notebook has the right technology to support additional equipment and cables with these notebook accessories.



Targus Docking Station.
One-touch notebook connection. Simply plug in a USB cable to connect a network, keyboard, printer, speakers or other external devices to your notebook. Built in audio delivers a virtual 7.1 surround sound experience. NATDS



Targus Data Transfer & Synchronisation Cable.
Provides a fast and simple way to transfer data between computers without additional software. NATTF



Targus USB Bluetooth Adapter.
Wirelessly connect up to 7 Bluetooth-enabled devices like PDAs, keyboards, mice and printers without the hassle of cables or cradles.
NATBA



Ultra Mini Travel Hub - USB 2.0.
Great for travel. Connect 4 USB devices to your notebook simultaneously. Y-cable provides extra power without the weight of an AC adaptor.
NATUH



3M Privacy Filters.
Provides privacy and protection for LCD screens. Makes on-screen data only visible to persons directly in front of screen. Sizes available:
14.1" NA314.1
15.0" NA315.0
15.4" NA315.4
17.0" NA317.0
18.0" NA318.0

NOTEBOOK TRAVEL PACK SPECIALS

With growing numbers of people travelling and working away from traditional office work spaces, ergonomic notebook accessories are considered essential items to promote optimal posture and ergonomic positioning. Bodysmart have created notebook packages to suit those who travel as well as those who work on notebooks in a semi-permanent situation.

NOTE: Travel Pack contents may vary with technology advancements.

Travelsmart Pack

A lightweight, economical travel pack ideal for the frequent traveller. All components fit securely in a contour backpack.

FEATURES:

- Contour Backpack
- Aztec Notebook Raiser
- Compact USB Keyboard
- Mini Retractable Mouse
- **Free Keyboard Case**

LPTS



Lightweight Bluetooth® Pack

Completely wire-free, this package is the ultimate in lightweight notebook accessories for users with Bluetooth® technology.

FEATURES:

- Urban Notebook Backpack
- Aztec Notebook Raiser
- Foldable Bluetooth® Keyboard
- Bluetooth® Travel Mouse

LPLB



Desksmart Pack

For the heavy notebook user wanting to convert their notebook into a semi-permanent desktop setup.

FEATURES:

- USB Raiser
- Logitech Wireless V320 Optical Mouse
- Logitech Flat Keyboard

LPDS



Studysmart Pack

Prevent spinal disorders with this study pack ideal for late primary and high school students.

FEATURES:

- Physiopak Backpack (choose size)
- Logitech Flat Keyboard
- Mini Retractable Mouse
- Lite Traveller 17T Raiser

Physiopak Backpack Sizes and codes:
Primary LPPSS, Medium LPPSM, Large LPPSL,
Extra Large LPPSXL.



NOTEBOOK BACKPACKS

Backpacks protect your spine and reduce uneven loading on the body by distributing the load over two shoulders compared to satchels. Alternatively, use wheeled packs for heavier loads.



Targus Urban Overnight Roller.
Spacious compartments & notebook sleeve. Compact for airline luggage with in-line wheels & retractable handle. For notebooks up to 15.4" BPTUOR



Targus Urban Backpack.
Stylish with padded notebook sleeve and accessory pockets. Up to 15.4" notebook suitability. BPTU



Targus Trademark Toploading Backpack.
Toploading with padded notebook sleeve and multiple accessory pockets. Suitable for notebooks up to 15.4" BPTTT



Targus Trademark Toploading Rolling Case.
The ideal case to transport luggage and notebooks with up to 15.4" screens. Constructed with durable nylon fabric, with locking handle and durable wheels. BPTTTR

Notebook Contour Backpack.

Padded, contoured shoulder straps ease neck and shoulder strain. Adjustable lumbar support. Suitable for notebooks up to 17" BPKCN



KIDS BACKPACKS

Heavy backpacks have been proven to cause long term spinal and muscular damage. Bodysmart recommends that an ergonomically designed backpack should always be purchased. The backpack should never weigh more than 10% of the child's total body weight and should always be worn over both shoulders.

Chiropak.

This ergonomic backpack has a contour insert that supports the spine's natural curvature suitable for teenagers or adults. Available Sizing: Med (25 Litres) BPSCM Large (36 Litres) BPSC Large (40 Litres) BPSCE



Primary Physiopak.

Lightweight ergonomic backpack specifically designed for primary school students to protect their spine. Available Sizing: Medium (16.5 Litres) BPSPPM Large (23 Litres) BPSPPL

Physiopak.

Designed for secondary school children and adults. Scientifically proven to minimise harmful posture and reduce back and neck injury. Available Sizing: Med (25 Litres) BPSPM Large (36 Litres) BPSP Large (40 Litres) BPSPE

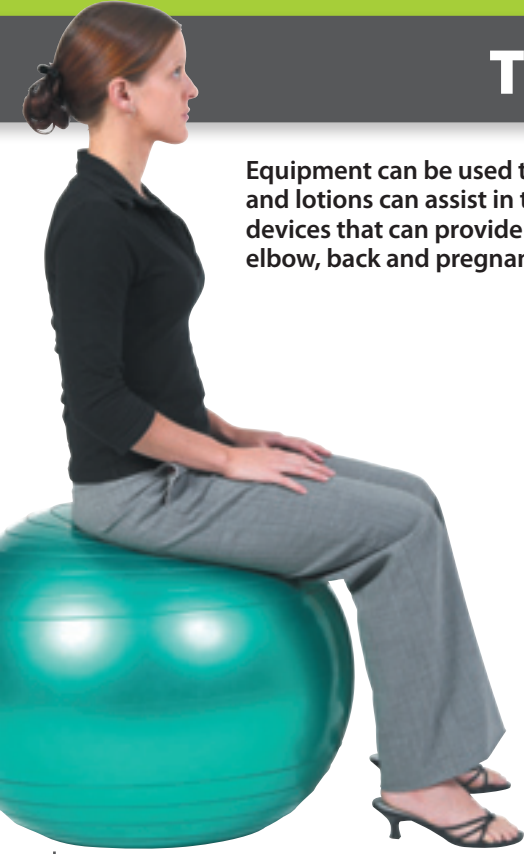


THE ONLY BACKPACKS ENDORSED BY THE AUSTRALIAN & CHIROPRACTIC & PHYSIOTHERAPY ASSOC.

ALL KIDS BACKPACKS AVAILABLE IN: Black, Navy, Royal Blue, Green and Maroon.

THERAPY PRODUCTS

Equipment can be used to strengthen the body and reduce the chances of injury occurring or reoccurring. Creams and lotions can assist in the reduction of pain, and healing of injured tissue. Braces and pillows are assistive devices that can provide support and relieve pain. Bodysmart has a range of ankle, knee, thigh, wrist, forearm, elbow, back and pregnancy supports. A more extensive range of Therapy products can be found on our website.



Therapeutic Fitball.

Anti-burst fit ball for core stability and balance training. Therapy sheet included. Available in 3 sizes:
Small (55cm) TEFBA55
Medium (65cm) TEFBA65
Large (75cm) TEFBA75

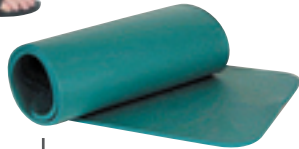
Fitball Pump.

Plastic foot pump with Fitball connection valve.
TEF



Exercise Band with Handles.

Durable and easy to use exercise band for strengthening and rehab with "through door" attachment, ideal for upper body strengthening.
4 levels of resistance:
Easy (yellow) TERTHY
Medium (red) TERTHR
Strong (green) TERTHG
Heavy (blue) TERTHB



Yoga Mat.

High quality, thick exercise yoga/pilates mat. (1750x600x5mm)
TEYM



Dura Disc.

Versatile for both sitting (to strengthen core and assist lower back rehab) and standing (to assist ankle rehab). Therapy Sheet Included.
TEDD



Michael's Medi Rub.

Anti-inflammatory cream for fast relief from joint and muscle pain. Active ingredients: Arnica, Eucalyptus and Emu Oil.
75g tub TTPMM75
100g tub TTPMM100
250g tub TTPMM250



Flexall 454 Gel.

Menthol based pain relieving gel to alleviate aching muscles and joints.
113g tube TTPF4
454g botte TTPF16



FOR THE KIDS

Spinal health begins at childhood. Carrying heavy unsupported school bags, poor posture, using laptops and reading and writing on flat surfaces can lead to early onset spinal problems. Protect your child's health - use the correct equipment at school and at home.



Ergotilt Angle Board.

Easily adjustable (2-39°) angle board for reading and writing tasks. Improves posture and reduces neck and back strain. Perfect for students and office workers. Standard size 500mmx400mm.
DHETS



Wobble Board.

An excellent tool for improving balance, coordination and sports performance.
TEWBW

HANDY TIP:
AN ERGONOMIC CHAIR PROVIDES SUPPORT & PROTECTION FOR THE SPINE & CREATES THE BASIS FOR GOOD POSTURAL HABITS. AN IDEAL SOLUTION TO INCREASED TIME SPENT ON A COMPUTER.



Bodygrow Ergonomic Chair.

Child's ergonomic chair with smaller seat base and excellent adjustable support for the growing child.
CBGMT



Contoured Pillow.

This children's pillow maximises support for the growing spine.
PSC



**Assorted Lumbar Rolls.**

Lumbar support with elastic strap, ideal for office chair. 3 shapes available:
 D-Shape TLSD
 Round TLSR
 Oval tub TLSO

**Contoured Chiropractic Pillow.**

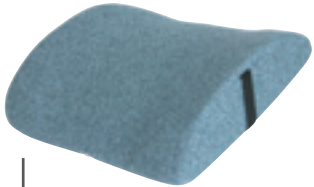
Designed to provide optimal sleeping posture and neck support. Lower contour (for back lying) and higher contour (for side lying). 4 sizes available:
 Child psc
 Small pss
 Medium psm
 Large psl

**Tennis Elbow Support.**

Adjustable velcro strap applies pressure to tendons and muscles to relieve the pain of tennis elbow.
 Small (240-270mm) TBTES
 Medium (280-310mm) TBTEM
 Large (320-350mm) TBTEL
 X-Large (360-390mm) TBTEXL

**Elastic Pregnancy Belt.**

Designed to give support to the abdomen and lower back during pregnancy.
 Small (820-910mm) TBEPS
 Medium (920-1010mm) TBEPM
 Large (1120-1210mm) TBEPL
 X-Large (1220-1310mm) TBEPLX

**Driver's Friend - Car Lumbar Support.**

Portable low back support ideal for car seats. Secured in position by elastic strapping.
 Standard TLSDF
 Extra Large TLSDFL

**Inflatable Travel Pillow.**

Perfect for travel - air pillow with matching storage wallet for easy transportation.
 PIT

**Sacro-Cinch Belt.**

Provides multi-layered support for the lower back and hips with adjustable elastic straps for firmer support.
 Small (750-840mm) TBSCS
 Medium (850-940mm) TBPEM
 Large (950-1044mm) TBSCSCL
 X-Large (105-114mm) TBSCXL

WHOLE BODY VIBRATION

Whole Body Vibration (WBV) therapy is used within Physiotherapy, Chiropractic and Occupational Therapy clinics world-wide as an effective tool to assist with spinal and muscle strengthening. Bodysmart now makes this technology available and affordable to the general public.

The WBV machine can be used either on its own or integrated into exercise and therapy regimes to assist with rehabilitation, exercise and toning. Multiple setting and positioning options makes it extremely versatile, enabling the user to perform a 10min workout in the comfort of their home or office.

Benefits Include:

- Increases strength, muscle performance and power
- Improves circulation
- Improves vitality & general health
- Reduces body fat and cellulite
- Increases bone density
- Increases balance & coordination
- Reduces lower back pain
- Increases balance control in the elderly

If you would like further information or to trial the WBV machine - contact Bodysmart on: **1300 727 439.**
 TWBV

An ideal workout for both the home & office!



1300 727 439

fax: 08 9205 1759

email: info@bodysmart.com.au

www.bodysmart.com.au



bodySMART
HEALTH SOLUTIONS

HOW TO ORDER...

Phone: 1300 727 439 (Mon to Fri 8.30am - 5.00pm)

Fax: Complete then fax enclosed order form to (08) 9205 1759

Email: Complete then email order form to info@bodysmart.com.au

Online: Order products through our secure website 24/7.

www.bodysmart.com.au - (Additional order forms can be downloaded under the products tab).

Payment Options...

Credit Card:   

EFT: Acc Name: Bodysmart Health Solutions

BSB: 306-076 Acc: 060 6924

Cheque: Make cheques payable to "Bodysmart Health Solutions"

Customer Accounts are available for eligible corporate clients.

All orders are conveniently dispatched by courier.

To view the full range of Bodysmart ergonomic and Therapeutic products, visit www.bodysmart.com.au



WORKPLACE RESOURCES

Ergonomic information and stretch programs help to improve comfort and safety whilst maximising productivity.

LiftSmart Manual Handling.

10 tips and basic principles on how to lift safely while at work.
10xA4 Posters BSLSA4

OfficeSmart Stretches.

10 easy stretches to complete in the office. Easy to follow pictures & tips to stretch safely.
10xA4 Posters BSOSA4
1xA3 Laminated BSOSA3

ErgoSmart Stretches.

10 practical tips on how to maintain good posture & stay healthy at the office desk. Outlines the do's and don't's.
10xA4 Posters BSES44

LaptopSmart Stretches.

10 tips on how to stay healthy while using a laptop. Hints on ergonomic set up and posture advice.
10xA4 Posters BLSLA4



Bodysmart strives to supply the latest and best product range in all categories and therefore, product styles and models and subject to change without notice. Please refer to our website for the most current range of ergonomic and therapeutic products.

To view our extensive range of products and the latest in ergonomic technology, visit us online at: www.bodysmart.com.au