

STATIC WORK IS HARMFUL LIKE MICROGRAVITY FOR ASTRONAUTS

**AEVUM – 8 minutes of micro-vibrations
that counteract the effects of sitting still**

- ✓ Regain your team's **energy and performance**
- ✓ Turn **hidden costs** into a tangible **return on investment**.



NASA technology

The hidden “sitting tax”

Annual costs for a 15-person team

13 860 zł

Absence & backfilling



23 520 zł

↓ Work efficiency



6 199 zł

Organizational/strategic
overhead

How does prolonged sitting change work quality over time?



- ✓ **After 2–3 weeks:** More **headaches**, heavier “post-lunch dip” (1–4 PM).
- ✓ **After 1–2 months:** Chronic **neck/lower-back pain**, irritability, higher team stress.
- ✓ **After 3–6 months:** Lower motivation, worse self-rated performance, **more sick leave**.
- ✓ **After 12 months:** Burnout; 40% of people with back pain **consider changing jobs**.

Effect:

A steady decline in **team productivity** and satisfaction.

AEVUM — a smart solution

8 minutes = a whole-body reset

50 Hz vibrations re-activate systems dulled by sitting

The Low-Intensity Vibration (LIV) at 50 Hz used in AEVUM was refined in **NASA** programs to counter bone & muscle loss in microgravity.

Gentle **micro-vibrations** rapidly “wake up” the musculoskeletal and nervous systems muted by **hours of sitting**.

Key benefits of 8-minute AEVUM sessions in the office

More than “feeling good”

A mechanism strong enough that clinical studies reported **3× better** mood improvements in people with depression.



Effect → calmer, more focused employees.



[Brain and Behavior, 2019](#)

Joint support

Vibration-driven mechanotransduction increased cartilage-component production by **93.6%**.



Effect → a stronger spine - even without extra office exercise.



[Nature Reviews Endocrinology, 2019](#)

Deep muscle activation.



Quadriceps strength rose by **+22.5%** (dominant leg) and **+19.7%** (non-dominant).

Effect → “office sitting” stops eroding fitness.



Musculoskelet Neuronal
Interactions, 2016

Collagen production.



Micro-vibrations **tripled** collagen synthesis in cells.

Effect → faster recovery of tendons/ligaments overloaded by long sitting.



The Orthopaedic Journal
of Sports Medicine, 2015

AEVUM is effortless to use

8 minutes/day

fits a micro-break

Normal clothes

no need to change

Comfortable & quiet

(doesn't disturb work)

One button

Read or check your phone during
a session

Start working with us today

a very a simple rollout

Pilot (free):

first month free + team
satisfaction survey



Evaluation:

usage analytics
employee feedback



Continuation:

All-inclusive
subscription

What you get

- ✓ AEVUM vibrating seat
- ✓ “8-Minute Wellbeing” content library
- ✓ 24/7 full technical service

8 minutes a day can save
thousands of USD per year
- and your employees will **thank you**.



Book a 30-minute consultation.

Get a quick business
case for your company:

vibrotherapy.co/book/

