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# Achy back? New Mat Could Make You Feel Sublime Instead

Posted on February 3, 2010 by saracsnow in [Health](#), [Trends](#)

*Has cooking become a drag from standing on a hard floor? Knees aching from kneeling on tile to bathe your toddler? Thinking of throwing in the towel because of pain from standing to fold clothes? [Sublime](#) comes to the rescue with the newest Anti-Fatigue Comfort Mats.*

The Anti-Fatigue Comfort Mats are made out of a new technology that is environmentally-friendly, non-toxic and manufactured without the use of toxic, heavy metals or formaldehyde. And the cushion can actually help relieve foot and back discomfort.



The main reason I really like them is because of their non-toxic, environmentally-friendly plasticizer that reduces PVC material to help cut back on harmful chemicals associated with PVC and phthalates.

While a lot of people like the added cushion on the kitchen floor for cooking, I was looking for comfort in the laundry room. I *hate* folding laundry (who doesn't, seriously) and it becomes an absolutely unbearable task when the concrete floor beneath my feet starts to creep

up into my knees and back.

This comfort mat helps and I don't have to worry about what it's off-gassing into my home.

You can find the mats at [Bed, Bath & Beyond](#) and [Amazon.com](#). They come in three patterns and six colors and sell for \$79 or less (Amazon has them for \$69 and BB&B has them for \$59).

Also on [Fresh & Fit with Sara Snow at FitnessMagazine.com](#)

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