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Best Anti-Fatigue Kitchen Mats of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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If you find that standing for a prolonged period in the kitchen – whether cooking over the stove or cleaning up dishes after a meal – causes your back to hurt, you may be interested in learning more about the best anti-fatigue kitchen mats.

According to [Spiro Theodore](#), a chiropractor at Potomac Valley Chiropractic, “Anti-fatigue mats can help with back pain ... [by] lessening foot and ankle stress that may occur from long periods of standing in one spot or area.” This list is designed to help you learn more about some of the top products on the market and be able to choose the one that offers the optimal solution to match your specific needs, including the size and layout of your kitchen, your budget, and more.

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Best Overall

Gorilla Grip Anti-Fatigue Comfort Mat »



PROS

CONS:

foam construction

available in each size

- ✔ Textured surface and beveled edges to minimize trip hazard
- ✔ Wide assortment of sizes

- ✘ Limited pattern selection

Buy From Amazon

The Gorilla Grip Anti-Fatigue Comfort Mat earns our top spot for several reasons. Made from a 3/4-of-an-inch-thick, high-density foam with beveled edges and a textured outer layer, the mat is designed to offer support to keep individuals comfortable when they are standing for prolonged periods. It’s thick enough to offer pressure relief without being overly soft and unsupportive. This is a feature that [Dr. William S. Raoofi](#), a pain management specialist at the Center for Interventional Pain Medicine at Mercy, highlights as very important when choosing an anti-fatigue mat: “Softer and thicker mats may not always be better. The mat needs to have some elasticity and not be too soft that a person can not stand comfortably. If a mat is too soft, it can affect...balance causing them to overcompensate and actually cause more strain.”

There are six different sizes available for this anti-fatigue mat ranging from 24 inches long by 17 inches wide to 70 inches long by 24 inches wide. Gorilla Grip also offers 13 different color and pattern options, though every color may not be available in every size.

Specs

Price(s):	\$35.99; \$37.99; \$44.99; \$59.99; \$93.99; \$85.99
Material:	High-density foam
Size(s):	24" L x 17" W; 32" L x 20" W; 39" L x 20" W; 48" L x 20" W; 60" L x 20" W; 70" L x 24" W
Thickness:	3/4 inch

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Best Budget

Amazon Basics Anti-Fatigue Comfort Mat »



PROS:

- ✓ Relatively inexpensive
- ✓ Stain-resistant
- ✓ Nonslip

CONS:

- ✗ Not as thick as other options
- ✗ Only one size

[Buy From Amazon](#)

Those looking for an anti-fatigue kitchen mat that isn't too expensive might want to take a look at the Amazon Basics Anti-Fatigue Comfort Mat. This mat is made from a textured foam material and is 0.6 of an inch thick, making it just slightly thinner than most of the other mats we reviewed during our research.

In addition to offering support for individuals as they stand and work, the foam is also designed to resist abrasions and be easy to clean using just soap and water. The mat offers a nonslip design to keep it from sliding around and tapered edges that lie flat to prevent it from becoming a tripping hazard. The Amazon Basics Anti-Fatigue Comfort Mat measures 36 inches long by 20 inches wide and is currently available in black.

Specs

Price(s):	\$21.58
Material:	Foam
Size(s):	20" L x 36" W
Thickness:	0.6 inch

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[Buy From Amazon »](#)

Best Commercial-Grade

Cactus Mat VIP Cloud Anti-Fatigue Mat »

**PROS:**

- ✓ Tapered edge
- ✓ Grease-proof, anti-slip top
- ✓ Generously sized

CONS:

- ✗ Expensive
- ✗ Only one size

[Buy From Chef's Toys](#)

If you are a restaurant owner or spend a lot of time in the kitchen, you may be considering a commercial-grade anti-fatigue kitchen mat. If so, the Cactus Mat VIP Cloud Anti-Fatigue Mat may be the best fit for your needs. This mat is large, measuring 60 inches long by 36 inches wide with a 3/4-of-an-inch thickness. The closed-cell nitrile rubber material is designed to alleviate pressure and keep individuals more comfortable as they work.

To prevent accidental slips and trips in the kitchen, the manufacturer added a textured surface to provide more traction. The mat also offers a tapered safety edge, something Theodore of Potomac Valley Chiropractic said was important to look for when deciding which product to purchase. The grease-proof cover and rubber construction also work together to make this model easy to clean and maintain in a busy kitchen.

Specs

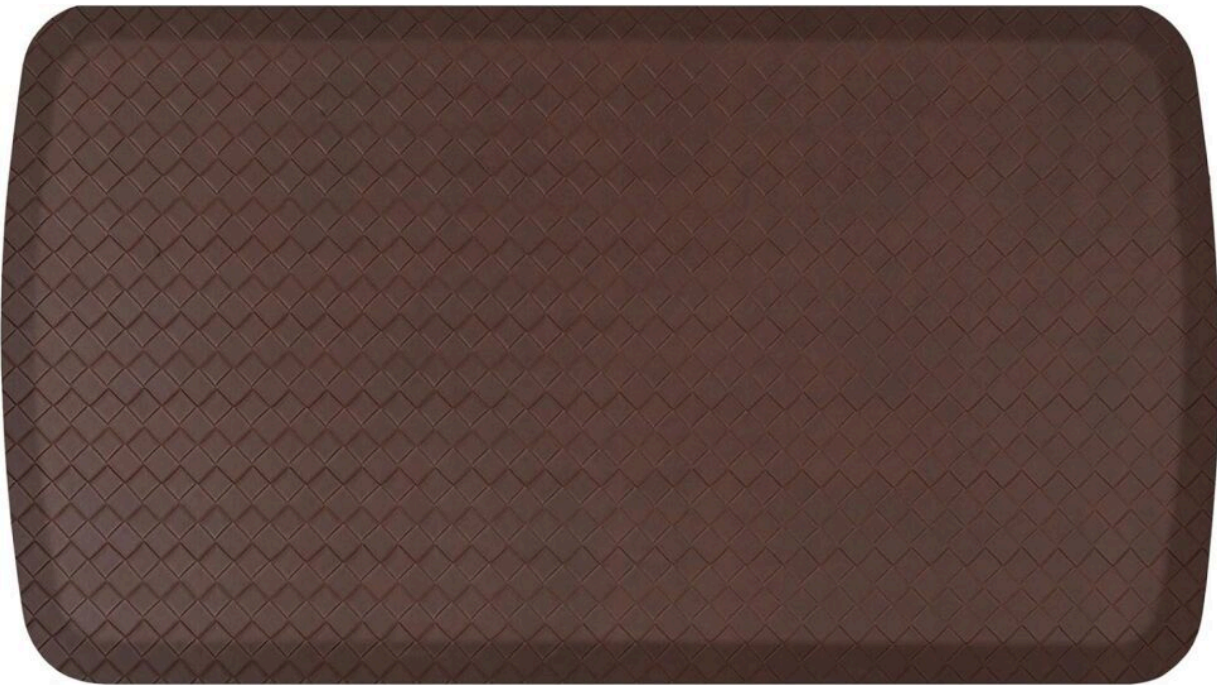
Price(s):	\$119.49
Material:	Nitrile rubber
Size(s):	60" L x 36" W
Thickness:	3/4 inch

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[Buy From Chef's Toys »](#)

Best for Back Pain

GelPro Elite Mat »



PROS:	CONS:
✓ Spill- and stain-resistant	✗ Expensive

 Nonslip bottom Heavy[Buy From Amazon](#) Wide assortment of patterns

With its shock-absorbing gel cushion and energy-return foam core, we selected the GelPro Elite Mat as the best anti-fatigue kitchen mat for back pain. These two materials work together to offer the necessary support to reduce discomfort and minimize the stress placed on one's back when standing in the same place for a long time. In addition to the supportive material, the mat offers reinforced, beveled edges that are designed to hold up to repeated use without curling and creating a tripping hazard. Its nonslip base has been certified by the National Floor Safety Institute for added peace of mind when working in the kitchen.

Beyond its supportive design, the GelPro Elite Mat is a stylish option for those looking to coordinate their anti-fatigue mat with the decor in their kitchen. It has a sleek, contoured shape and is available in a wide assortment of colors and patterns. There are also five different sizes to allow users to choose the product(s) that will fit best in their space. GelPro backs this anti-fatigue mat with a five-year warranty.

Specs

Price(s): \$129.95; \$184.95; \$269.95; \$399.95; \$599.95

Material: Gel and foam

Size(s): 36" L x 20" W; 48" L x 20" W; 72" L x 20" W; 72" L x 30" W; 108" L x 30" W

Thickness: 3/4 inch

[EXPAND LIST](#) ▼

[Buy From Amazon »](#)

Best for Style

House of Noa Nama Standing Mat »



PROS:

- ✓ Multiple colors and patterns
- ✓ Two-piece sets available
- ✓ Curl-free beveled edge

CONS:

- ✗ Large sizes can get expensive
- ✗ May have to tape it down so it doesn't slide

[Buy From House of Noa](#)

With 19 different color and design options, the Nama Standing Mat from House of Noa makes it possible to simultaneously add both style and comfort to your kitchen. The mats come in a range of sizes to accommodate different kitchens, with the smallest option measuring 36 inches long by 22 inches wide and the largest measuring 108 inches long by 30 inches wide. Some of the design options can also be purchased in a two-piece set with different size combinations available.

The Standing Mat from House of Noa is made from a 3/4-of-an-inch-thick, high-density foam that contours to the feet to keep users comfortable as they stand for extended periods. It features a welded bevel edge to resist curling for a trip-free design that will lie flat. The foam used to make the mat is free of potentially harmful ingredients or allergens, including latex, formaldehyde, and polyvinyl chloride (PVC). This mat is also designed to resist staining and can be wiped clean with a dry cloth and either an all-purpose cleaner or mild dish soap and water.

Specs

Price(s):	\$79; \$139; \$199; \$389
Material:	High-density foam with printed fabric top
Size(s):	36" L x 22" W; 54" L x 22" W; 72" L x 22" W; 108" L x 30" W
Thickness:	3/4 inch

EXPAND LIST ▾

[Buy From House Of Noa »](#)

Best for Large Kitchens

Dexi Anti-Fatigue Standing Mat 2-Piece Set »

**PROS:**

- ✓ Relatively inexpensive price tag
- ✓ Easy-to-clean design
- ✓ Two-mat set

CONS:

- ✗ Not as thick as other options
- ✗ Only one size

[Buy From Amazon](#)

If you have a large kitchen or want to be able to alleviate stress and discomfort when working at the sink and the stovetop, you might want to consider the Dexi Anti-Fatigue Standing Mat 2-Piece Set. With two mats, you'll be able to place one in front of each of the areas where you'll likely spend the most time standing. And since one of the mats is large – measuring 59 inches long by 17 inches wide – it may be able to pull double duty and help keep you more comfortable when prepping food on the countertop as well. The other mat in the set measures 29 inches long by 17 inches wide, allowing for more flexible placement options with its smaller size. One downside is that the mats are only 0.4 of an inch thick, which is nearly half the thickness of most of the other anti-fatigue kitchen mats we came across in our research.

Each of the mats in this set is made from a phthalate-free, nontoxic foam material. The foam is in turn covered with an artificial leather material that’s waterproof, oil-resistant, and easy to clean using a damp cloth or vacuum. To add some visual appeal to the kitchen, the mat features a stylish lattice pattern that is available in black, gray, brown, red, or blue.

Specs

Price(s):	\$39.99
Material:	Memory foam with artificial leather top
Size(s):	29” L x 17” W and 59” L x 17” W
Thickness:	0.4 inch

EXPAND LIST ▾

[Buy From Amazon »](#)

Best Easy-To-Clean

Kangaroo Anti-Fatigue Mat »

**PROS:**

- ✓ Waterproof and stain-resistant rubber exterior
- ✓ Textured backing to prevent bottoming out
- ✓ Six different sizes

CONS:

- ✗ Limited patterns
- ✗ Not slip-resistant

[Buy From Amazon](#)

The Kangaroo Anti-Fatigue Mat has a textured outer covering that is both waterproof and stain-resistant. Beneath this outer cover is a 3/4-of-an-inch-thick, cushioning foam layer that's designed to provide optimal rebound and support for one's feet and joints while improving an individual's posture, making it possible to stand for longer periods without experiencing more pain. A textured backing provides reinforcement to prevent the mat from bottoming out after repeated use.

With six different size options, you should be able to find a mat that will offer the right fit for your space. The smallest available size is 24 inches long by 17 inches wide, and the largest option is 70 inches long by 24 inches wide.

It's available in 13 solid colors and one pattern, but the price does vary depending on what design you choose.

Specs

Price(s): \$43.99; \$43.99; \$57.99; \$62.99; \$83.90; \$91.90 (All prices are for the color black.)

Material: High-density foam and rubber

Size(s): 24" L x 17" W; 32" L x 20" W; 39" L x 20" W; 48" L x 20" W; 60" L x 20" W; 70" L x 24" W

Thickness: 3/4 inch

[EXPAND LIST](#) ▼

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The Bottom Line

Placing an anti-fatigue kitchen mat by the sink, stove, countertop, or any other area where you spend time working may help keep you more comfortable and alleviate pain caused by standing in the same place for an extended period. As Dr. Raoofi, a pain management specialist at the Center for Interventional Pain Medicine at Mercy, recommends, look for a mat that offers enough elasticity but that isn't too soft to prevent you from being able to stand comfortably. Chiropractor Spiro Theodore from Potomac Valley Chiropractic highlights also the importance of choosing an anti-slip mat with sloped edges to minimize the risk of slipping or tripping when working in the kitchen.

Things To Consider When Buying Anti-Fatigue Kitchen Mats

Size and Shape: When shopping for an anti-fatigue kitchen mat, it's important to choose one that is appropriately sized for your space. Begin by taking measurements of your kitchen around the area where you plan to place the mat. Then, choose a mat that will fit in the space without impeding walkways or creating a tripping hazard.

While you don't want the mat you choose to end up being so large that it gets in the way, you also want to make sure that it isn't too small to serve its purpose of supporting your body as you work. If the mat's surface area isn't large enough, you're more likely to step off of it as you're working. Beyond being frustrating, standing with one foot on a slightly lower surface than the other could make you more uncomfortable.

Most anti-fatigue kitchen mats that we encountered are rectangular, but some have more rounded corners than others. If you find one design to be more aesthetically pleasing than the other, that could also help guide your search.

Thickness: The thickness of an anti-fatigue kitchen mat will play a huge role in determining how effective the mat will be at alleviating the stress placed on your joints, feet, and back. Look for mats that are about 3/4 of an inch thick. These will offer enough support for your joints without making it feel like you're standing on a platform in your kitchen.

Choosing a much thicker mat could backfire. You may think that more cushioning could only help, but pain management specialist Dr. Raoofi shares that standing on an overly soft mat could throw off your balance, leading to more strain on your muscles. On the other hand, if the mat isn't thick enough to provide some cushioning, it won't serve the intended purpose of alleviating fatigue and stress on the joints and muscles.

Material: The material an anti-fatigue kitchen mat is made from will greatly affect the level of support and contouring it's able to deliver. Most of the mats on the market will be made from either foam, rubber, gel, or some combination of these materials.

Foam and gel are good for offering cushioning, while mats made from rubber will be a bit firmer.

The majority of the anti-fatigue kitchen mats we reviewed are made from foam. The GelPro Elite Mat also integrates gel into its design, while the Cactus Mat VIP Cloud Anti-Fatigue Mat is made from closed-cell nitrile rubber. You may also want to look at any other materials used for making the mat, such as anti-slip backings and cloth or faux-leather covers. Many times these covers are made of a waterproof or spill-resistant material, such as vinyl or polyurethane, that will make it easier to keep the mat clean.

Durability: When you purchase an anti-fatigue kitchen mat, you want to feel confident that the product you pick will last for a long time. Not all anti-fatigue kitchen mats are the same, and some will offer greater durability than others. One important feature to look for is a sealed base and top. This will help ensure that spills don't damage the underlying foam and will make the mat less likely to get punctured or damaged.

Also, while a rubber mat may not be as soft and cushioning as one made of foam or gel, rubber is a very durable material that may end up lasting longer. The Cactus Mat VIP Cloud Anti-Fatigue Mat – our pick for the best commercial-grade mat – is made from durable rubber with a closed-cell design.

Ease of Cleaning: Consider how easy it will be to clean each anti-fatigue kitchen mat that you're thinking about purchasing. Choosing mats with a stain-resistant and water-resistant cover, such as the GelPro Elite Mat or the House of Noa Nama Standing Mat, should help minimize the time you spend keeping the mat clean. Many anti-fatigue mats can be swept or vacuumed and just require a quick wiping down with either a sponge or soft cloth dampened with warm, soapy water. While a textured surface may make the mat more slip-resistant, it could also trap more dirt than a smooth surface, which is something you'll want to keep in mind as you shop.

How We Chose the Best Anti-Fatigue Kitchen Mats

During the process of compiling our recommendations, our team consulted with various experts, including [Spiro Theodore](#), a chiropractor at Potomac Valley Chiropractic and [Dr. William S. Raoofi](#), a pain management specialist at the Center for Interventional Pain Medicine at Mercy. In addition to reviewing their input, several other factors were taken into consideration such as the size and design options available through various manufacturers, the thickness and durability, and the affordability of each product.

Through our research and interviews with the experts, we discovered that there are several high-quality anti-fatigue kitchen mats on the market that can help keep you more comfortable when standing for prolonged periods. To narrow down the various options and select the right one for you, think about your specific needs, the design of your kitchen, and your budget.

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U.S. News and World Report has been a trusted name for those looking for product reviews and recommendations for decades. The editorial team works hard to conduct thorough research and interview experts in related fields before making any recommendations to their readers. In addition to the work she has had published by U.S. News and World Report, the author of this piece [Deirdre Mundorf](#) has also written for Bob Vila, Discover Magazine, and House Digest.

FAQ

How do anti-fatigue kitchen mats work?

+

Where should you place an anti-fatigue kitchen mat?

+

Do anti-fatigue kitchen mats help with back pain?

+

How long do anti-fatigue kitchen mats last?

+

How do you clean anti-fatigue kitchen mats?

+

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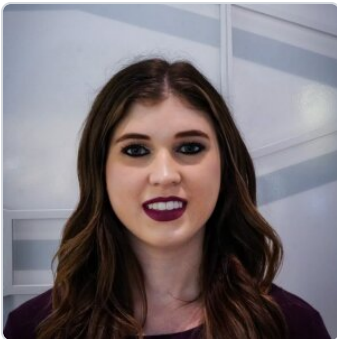
Deirdre Mundorf

Contributor



Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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