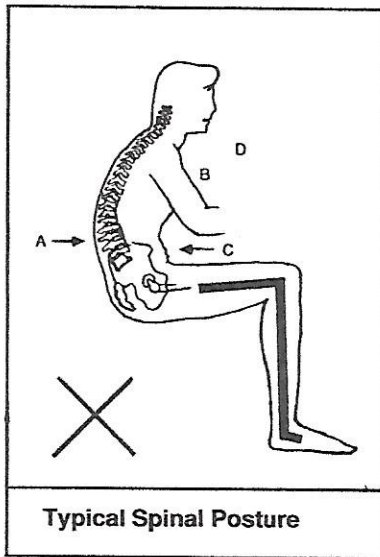


A Guide to Healthy Sitting in the Office

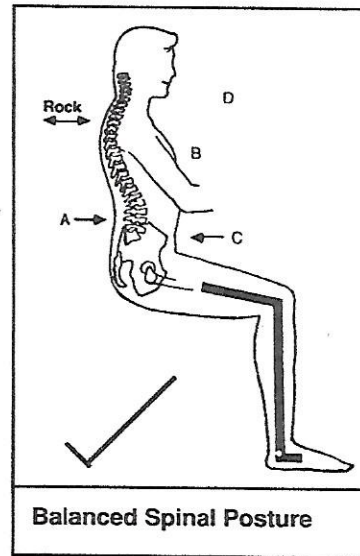


Typical Spinal Posture

UNHEALTHY

PROBLEMS

- A Spinal column strained and Lumbar discs distorted.
- B Breathing less efficient using upper part of chest only.
- C Lower abdomen compressed.
- D Restricted movement
Back muscles elongated



Balanced Spinal Posture

HEALTHY

BENEFITS

- Spinal column in neutral position and Lumbar discs evenly placed.
- Breathing efficiently with chest and stomach muscles.
- Lower abdomen unrestricted
Circulation improved
- Freedom of movement
Less strain on body muscles.

With today's pressures in the office, few of us stop to think about 'How We Sit', until the long hours of poor posture result in back pain or other stress related problems. If your chair makes you sit in a 'hunched' position your health can suffer. Changing to a chair which allows a **Balanced Spinal Posture** helps prevent this by aiding your body.

Our 'Opera' chairs with their unique combination of upholstery, **rocking** action and an adjustable forward tilting seat enable you to achieve a Balanced Spinal Posture, allowing natural body movements throughout the working day, with **constant back support**. Initially the chair feels 'different' when the seat is used in this forward tilting

mode!. However, quick easy adjustments of a single 'paddle' allow the chair to be set in any position, even that of a standard office chair, until your body has become accustomed to this more natural way of sitting that we have all used as a baby before learning to walk!.

Remember, for maximum health benefits you must keep your posture 'upright' with your spine in the 'balanced' position. To do this successfully you may need to alter your office environment, check your desk height (see our guide 'Healthy Sitting to Avoid Back Pain'). Try moving the telephone closer to you. **For the sake of your health, adapt your working space to suit you** instead of forcing your body to conform to it!.