

## FIVE TIPS

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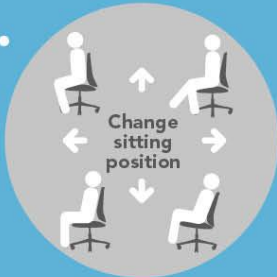
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Developed in collaboration with Scandinavian Business Seating and leading ergonomists.

### Five simple tips on how to improve health and reduce risks for those with sedentary jobs.

#### 1 – Learn how to adjust your chair

The study from Chalmers shows that one of the key factors to reduce the negative impact from passive sitting is learning the chair's settings. Ergonomic office chairs often have many different features that, if used correctly, can give a varied and upright posture.

#### 2 - Unlock the tilting function

The body is vulnerable when we are static and stationary. Therefore, it is important to let the chair be unlocked as much as possible. It is also important to adjust the resistance to your height and weight. Allowing the tilting function to be unlocked and adjusting the resistance facilitate a varied seating position that activates the muscles in the torso and legs. Active muscles increases blood circulation, well-being as well as reducing stiffness and pain.

#### 3 - Make sure your chair helps you to sit upright

The standing posture is the most natural for us humans. Therefore it's important to try to seek an upright posture also when sitting. It relieves the muscles and improves breathing. We can only achieve an upright position by adjusting the seat correctly and unlocking the tilting function of our chair.

#### 4 – Do not sit still!

Rock the chair, pull up one leg underneath you or drum with your feet. All possible positions that you are comfortable with are fine. Experiment until you find the positions that suit you best, and change often. Sitting is not a natural position for us humans, we are created to be in motion, and therefore it's difficult for us to keep an ideal upright sitting position for longer periods of time.

#### 5 – Get up and move at least once every hour

The chair that completely removes the need to move is not yet invented. Therefore, it's important to move to keep the circulation going and activate the muscles. After one hour you start to feel the negative effects of sitting. But there's no need to activate an advanced training program - go to the kitchen and get a glass of water, have a walk and talk meeting, go get a file from the other side of the office. Try to divide the day into 30-minute periods. After each sedentary period - reward your body by moving.