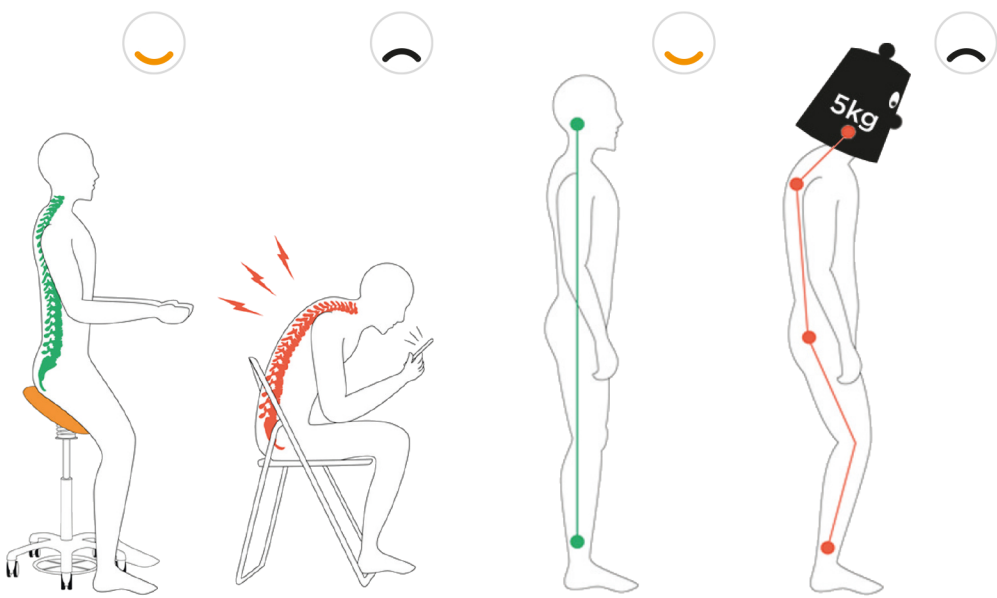
posi+ive pos+ure

Uppright body posture

An upright posture is said to positively affect body language, mood and well-being. Being aware of always maintaining an upright body posture when walking, standing or sitting can result in a reduction of back and muscular disorders. Uppright sitting, compared to a slouched or a forward bended back position can result in more enthusiasm and better performance, and be a positive mechanism against stress and tiredness.



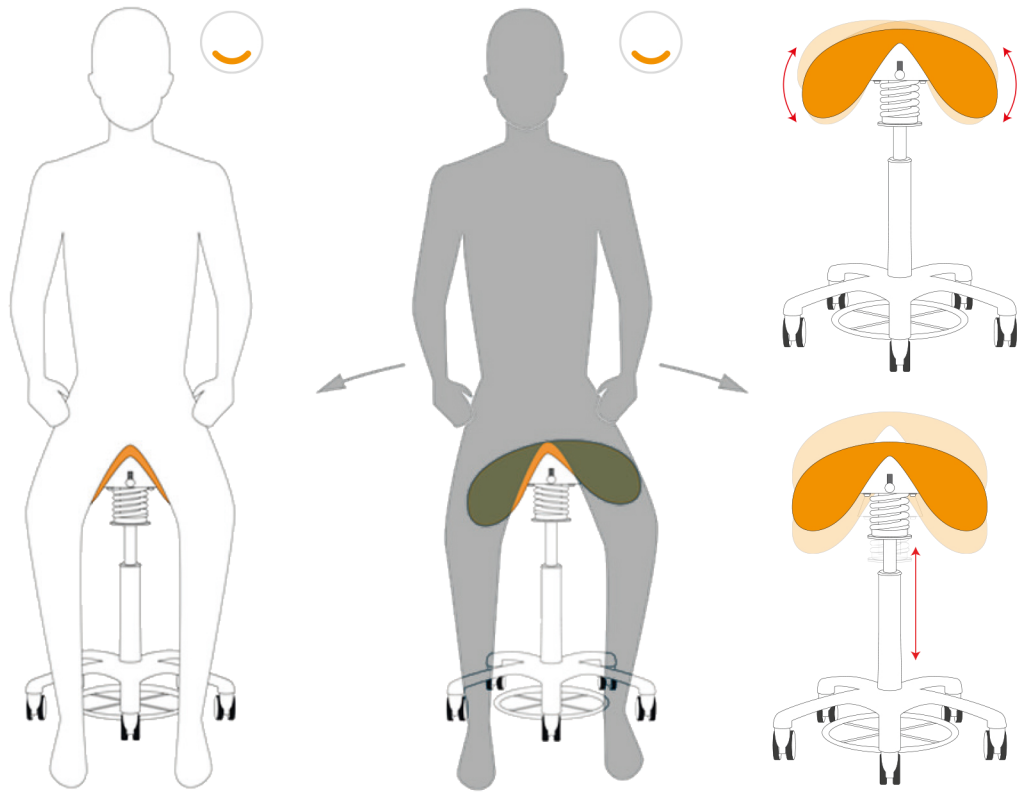
Increase energy and wellbeing with Active sitting

Active or dynamic sitting occurs when the chair encourages you to be active whilst seated.
A number of positive effects of upright posture and active sitting has been reported in studies and shows the beneficial effects of

Health
- increased bloodflow
- better breathing
- better muscle tone

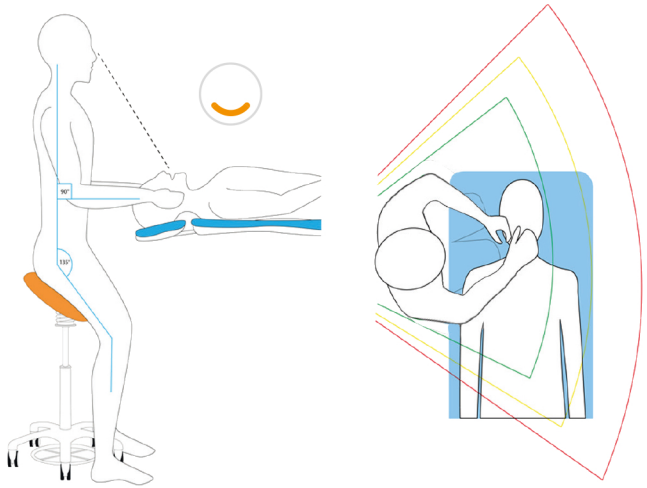
Work
- Concentration
- Performance
- Alertness

Emotional wellbeing
- Level of confidence
- level of stress
- self-esteem and felt emotion



The chairs´design language that encourage active sitting

Our Perfect Lite Hybrid saddle has a unique Free-Float function that allows you complete freedom of movement whilst promoting focus and positive posture. It´s designed to make perfect posture feel natural. You'll alleviate strain, increase energy levels and improve your sense of wellbeing.



Comfort and Posture positive is the Key

Choosing an ergonomically designed chair can help you maintain perfect posture and alleviate pressure on your back and shoulders whilst keeping you comfortable for long periods.

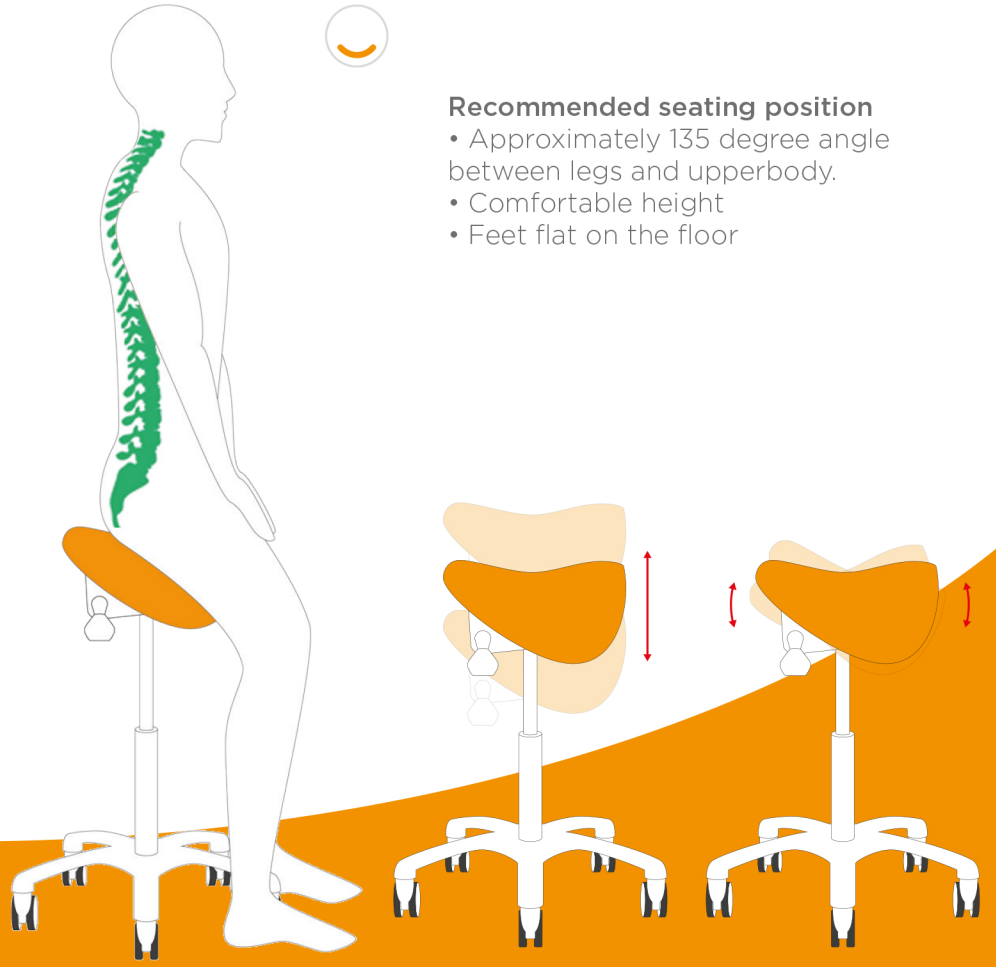
Comfort and Posture positive is the key – especially when you are sat down most of the day. Our chair's precise design enables the spine to hold its natural 'S' shape. Ensure your feet can be flat on the floor, the chair is at a comfortable height and tilts ever so slightly forward to provide good lower back support.

Guidelines for positive sitting

Variation - change posture often (every 20 minutes)
Durations - Take regular breaks including walking, standing

Be aware of when the working tasks, working tools and context, force you to intake unnatural postures

Recommended seating position
- Good lower back support
- Tilted slightly forward
- Comfortable height



Recommended seating position
- Approximately 135 degree angle between legs and upperbody.
- Comfortable height
- Feet flat on the floor

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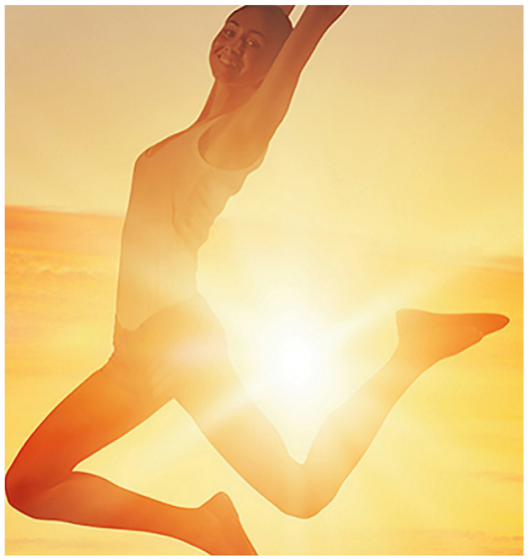
Are you sitting comfortably?



Sitting is one of the most natural things in the world. We can sit before we can walk and talk. But, as adults, no-one teaches us how to sit well. And if life involves lots of sitting, poor posture can affect our health and wellbeing.

The benefits of sitting properly include better breathing and digestion, reduced tension, better muscle tone, improved concentration, more energy and, of course, the avoidance of back problems.

As the vital link between our mind and body, the spinal column is your key to a healthy central nervous system. That's why we cover a range of subjects to guide and inform you about ways to maintain your spine and back muscles, so you can stay at your fit and healthy best.

Back pain will affect many of us at some point in our life, but there are preventative steps we can take that also improve our happiness and well being at the same time. With simple steps you can enjoy surprising and noticeable benefits, including improvements to your concentration, productivity, energy levels and more.

Discover Positive Posture

What does posture reflect?

It may seem unlikely that something as simple as posture could have such an impact on your mood, but according to research, it is true.

Indeed, we communicate with our bodies as much as with our voices and it's important to acknowledge posture as part of our body language; what will a slouchy disposition communicate about you to the rest of the world?

Posture reflect overall health, fitness, body strength, mood, confidence, sadness, body weaknesses, stress, discomfort, fatigue, pain.

At Support Design we believe it's not just about sitting. It's about Positive Posture

Support Design
Positive Posture

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