

PRESS RELEASE

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Topic:

ACTIVE SITTING SOLUTIONS

ACTIVE SITTING –

A HOLISTIC AND SUSTAINABLE APPROACH

Sitting for long periods of time without moving is not good for the body. With its Active Sitting Solutions concept, Interstuhl is the first supplier on the market to offer a holistic system that covers all aspects of moving while sitting.

Body, mind and soul – these are the three words that sum up Interstuhl's Active Sitting Solutions. This overall system derives from two key insights: Firstly, that those who want to look after their health, boost their productivity and consequently enjoy their work need to strike a balance between sitting and moving. Secondly, those who want to facilitate active sitting need to think about far more than just seating solutions – they need to focus on the human body as a whole and look at the way in which it works.

The Active Sitting Solution concept is built on three pillars.

The "body" pillar comprises the large number of movement-facilitating products that Interstuhl offers for active sitting. Interstuhl has placed the customer at the heart of its development work for many years now, focussing on bringing the potential for movement to all of its products. Interstuhl will reveal a whole host of world firsts at Orgatec, such as PUREis3, a highly innovative chair that is made of a unique material and offers one-of-a-kind functionality that completely rein-vents sitting and moving. Interstuhl also provides a 3D sitting experience in six collections with FLEXTECH.

The "mind" pillar aims to make people aware of their own sitting hab-its, on the basis that they can only change them in the long term if they are aware of them in the first place. In collaboration with Garmin, Interstuhl has developed the S 4.0 seat sensor, which records the user's sitting habits and forwards this information to an app. This gives the user a clear picture of whether they are moving enough and in a well-balanced way. The app also contains helpful "office workouts".

The third pillar, "soul", denotes a training programme that Interstuhl has developed with sports scientists especially for businesses and opinion leaders, with the aim of understanding and

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internalising all aspects of sitting. In 12 comprehensive training units based on S 4.0, participants learn about the ERGO philosophy, tips for keeping moving, specific seat settings and how to use the sensor. The exercises linked to the training units can be easily incorporated into everyday sitting and performed in any working environment. This didactic concept is a new solution for occupational health management in companies. The concept can also be applied internally using the train-the-trainer technique.

With its Active Sitting Solutions, Interstuhl brings body, mind and soul into line with a holistic and sustainable approach to moving while sitting.

Further information:

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