

PRESS RELEASE

[FOR PUBLICATION FROM 23RD OCTOBER 2018]

Topic:

FLEXTECH

ACTIVE SITTING WITH "FLEXTECH INSIDE"

Movement while sitting helps to counteract the negative effects of prolonged sedentary periods. Interstuhl has introduced the FLEXTECH design variant to its product range and is now also offering six popular chair lines as dynamic solutions for 3D sitting.

The human body is a complex organism. It requires movement to stay healthy. However, humans now spend a significant portion of their day sitting down. Research (such as that conducted by the Fraunhofer IAO Institute for Industrial Engineering and the Department of Sports Medicine at the University of Tübingen) suggest that even two hours of moderate exercise per day are enough to counteract the negative effects of prolonged sitting. One way to do this is to maintain a healthy balance by doing physical activity and taking breaks from sitting. Another is to make the periods of sitting themselves as active as possible.

FLEXTECH increases the radius of activity for the chair user, expanding their range of movement options while sitting. A flexible cone in the chair mechanism enables the chair to become mobile in all directions. The principle is comparable with that of intervertebral discs in the human body. In this way, FLEXTECH ensures that part of this essential physical activity is already taking place while you are seated.

The augmented movement radius has a direct impact on biomechanical processes in the human body: Increased movement improves blood circulation, lowers the risk of heart problems, weakening muscles and premature tiredness, helps to prevent lipid metabolism disorders and strengthens the spinal muscles.

A biomechanical report from the ETH University of Science and Technology in Zurich has indicated that FLEXTECH not only widens the angle of forward and backward tilt, but also increases the range of lateral motion by up to four times. It increases micro-movements by up to 100% when reclining. FLEXTECH is constantly active, meaning that the hips are guaranteed to stay in motion. This automatically moves the sitter's weight alternately onto each leg, effectively preventing forced postures. FLEXTECH is always used in combination with Interstuhl's high-quality synchronous mechanisms and functions independently of other chair settings. The basic ergonomic properties of each chair remain unchanged and are enhanced to provide additional dimensions with FLEXTECH. The chairs move with the user at all times, which helps them to stay

Ruess Public B GmbH

Lindenspürstraße 22
70176 Stuttgart
Germany

Tel.: +49 (0) 711 16446 60
Fax: +49 (0) 711 16446 66
www.ruess-public-b.com

Company
Interstuhl Büromöbel
GmbH & Co. KG
Brühlstraße 21
72469 Meßstetten-Tieringen
Germany
Tel.: +49 (0) 7436 871 0
Fax: +49 (0) 7436 871-110
info@interstuhl.de
interstuhl.com

in constant movement. In this way, FLEXTECH can turn a good office chair into an active sitting solution.

Thanks to FLEXTECH, Interstuhl now offers an extensive range of dynamic chairs. Added to the wide variety of possible combinations within each collection, the result is a practically limitless selection of functions, designs and price categories. The popular AIMis1, EVERYis1, GOAL, YOSTERis3, MOVYis3 and JOYCEis3 chair collections are now available with "FLEXTECH inside".

Further information:

Carola Burrell
Divisional Manager of Marketing and Communication
Interstuhl Büromöbel GmbH & Co. KG
Brühlstraße 21
72469 Meßstetten-Tieringen, Germany

Press contact:

RUESS PUBLIC B GMBH
Lindenspürstraße 22 – 70176 Stuttgart – Germany
Tel.: +49 (0) 711 16 446 62 – Fax: +49 (0) 711 16 446 11
rainer.haeupl@ruess-group.com – www.ruess-public-b.com

Company
Interstuhl Büromöbel
GmbH & Co. KG
Brühlstraße 21
72469 Meßstetten-Tieringen
Germany
Tel.: +49 (0) 7436 871 0
Fax: + 49 (0) 7436 871-110
info@interstuhl.de
interstuhl.com

