

ERGO BOOST

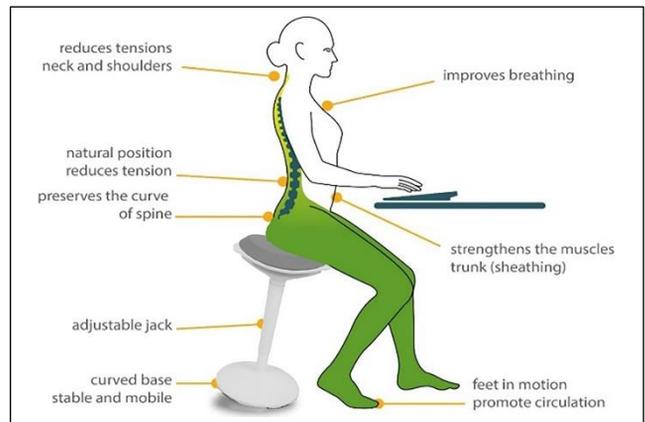


- **Fight sedentary behavior:** sitting will increase the risk of heart problems and reduce life expectancy by 7 years. Indeed, the human body is designed to "move", not to remain in a stationary position for 9 hours a day.
- **Well-being:** promotes a dynamic posture while stabilizing movement with its innovative "diamond" base design. This base design allows you to stabilize your posture and thus adopt the right posture without impeding your movements.
- **Ergonomic:** ideal to avoid back and muscular pains (shoulders, arms, back). Thanks to the perfect alignment of the spine, the whole body "benefits".
- **Ergonomic and comfortable seat:** circular curved seat in padded foam (6 cm thick) in high density fabric for optimal comfort and well-being (width 35 cm).
- **Variable adjustment:** easily adjustable height (55-70 cm) thanks to its gas spring system and its 2 easy access adjustment handles located under the seat. In the lowest position it will allow you to have the correct posture even with a standard height desk.
- **Complementary products:** recommended to use the HOMOY folding desk or the ERGO WELL electric elevating desk.

- Height : 55 cm to 70 cm
- Assembly time: 3 minutes
- Reasonable weight: 5,36 Kg
- Load capacity: can support a weight up to 120 Kg
- Materials: metal tube with epoxy paint white metal / base and mast in plastic and rubber / fabric seat



Technical features



| SAP no. | Colour | Dimensions | Warranty | Net weight | EAN code |
|-----------|------------|--------------------|----------|------------|---------------|
| 400165092 | White/grey | 38 x 55-70 x 34 cm | 2 years | 5,36 kg | 3595560034604 |

UNILUX'S ADVICES: Fight against sedentarity

A sedentary lifestyle and reduced physical activity pose health risks and have become a major public health problem.

1-Some figures

60%

of our time in sitting position every day at your workplace

7 hours

7h sitting in front of a computer

94%

employees admit to sitting up without moving for long periods

2-The risks

Sitting for 10 hours or more a day can result in:



In the OECD countries, it is **THE first CAUSE OF MORTALITY** avoidable, in front of tobacco



40%

Risk of developing heart disease, cancer at 8am sitting position (1 working day)



48%

Risk of developing diabetes, hypertension, and obesity

3- What is a dynamic stool

A dynamic stool, also called an active base stool or ergonomic stool with a rocking effect, is a seat with a slightly rounded base. Unlike a standard seat, the dynamic stool will be slightly unstable, creating a rocking effect. These stools will allow you to sit dynamically and keep your body moving, even if you are at your desk for several hours. The dynamic sitting allowed by this type of ergonomic stool will have many health benefits:

facilitating blood circulation:

reduce the strain on the spine caused by prolonged sitting

reduce the harmful effects that a sedentary lifestyle can have (musculoskeletal disorders, lumbago, pain, etc.)

4-Benefits of ERGO BOOST

This multi-position chair will replace your sitting hours with active hours!

First of all, it will gently correct your posture thanks to a dynamic workout that will reduce your back pain, lumbago or other musculoskeletal disorders.

Unlike other chairs that only correct posture, it has a double effect. Thanks to its dynamic seat, it naturally works the muscles of the upper body, the lower limbs and gently girdles your abdominal belt when you tilt it forward, backward or to the sides.

Its unique diamond faceted base keeps your body in position and works your body to improve muscle tone. You will increase your daily caloric expenditure, improve your posture and balance and strengthen your abdominal muscles for a better blood circulation!

Take your dynamic seat everywhere with you! Lightweight and very practical, use it daily and move it around as you wish: at the office, at the table with friends, on holiday.

Moreover, it can be used by the whole family and its benefits are felt from the very first use.

The stool ERGO BOOST is suitable for people who work all day at their desk and are looking for dynamism and well-being, as well as for people who want to invite this chair into their home, in front of their piano, when teleworking, at the table, and even outdoors! This dynamic seat is light and very easy to transport. The idea is that it can follow you everywhere on a daily basis.