

ERGO SPHERE

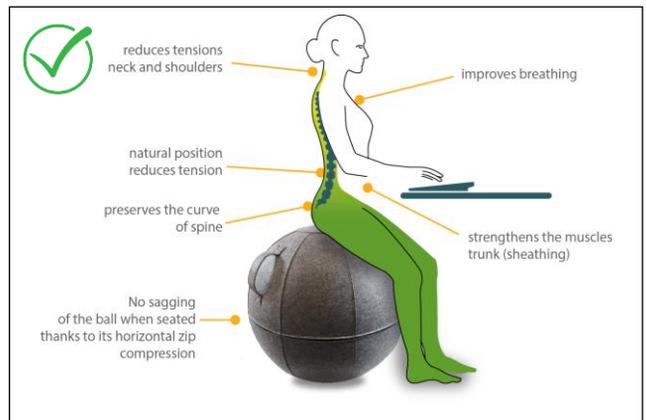


- **For optimal sitting and posture:** This 65 cm ball is perfectly suited for adults and children between 1.55 and 1.85 m tall and with a maximum weight capacity of 150 kg.
- **Ergonomic:** ERGO SPHERE is recommended for workers who sit all day, for people who want to improve their posture, for those who want to be active / dynamic even while sitting! But it can also be used for physical activities like yoga, pilates, gymnastics or fitness. The inner ball is made of shatterproof PVC with a felt cover
- **AGAINST BACK SICKNESS, FOR DYNAMIC SITTING AND BETTER HEALTH:** The ERGO SPHERE ergonomic seat works the balance and the abdominal belt and back muscles. Recommended by physiotherapists, it is perfect for sitting at your desk.
- **Well thought out:** Ergo sphere is equipped with a double layer at the bottom allowing the ball to stabilize itself when no one is using it. This "tumble" function will prevent you from having a ball rolling around in the middle of your room.
- **Felt cover:** quality felt fabric with a soft touch. Thanks to its horizontal zip allowing a total opening, you can put the cover in the washing machine (no tumble dryer) and put it back quickly by deflating the PVC balloon only slightly.
- **Supplied with:** This chair comes with 1 inflatable and anti-burst PVC inner ball, 1 foot pump, 1 washable felt cover with YKK heavy duty zip.

- Dimensions : diameter 65 cm
- Maximum supported weight: 150 Kg
- Materials: PVC/ felt cover
- Assembly time: 5 minutes



Technical features



SAP no.	Colour	Dimensions	Warranty	Net weight	EAN code
400165093	grey	65 cm	2 years	1.57 kg	3595560034628

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-Save your employer money?

A person with MSD costs the company an average of € 21,500 *. However, the lack of ergonomics in a workstation can have a negative impact on employee productivity and company finances. Today, to attract and retain employees, companies must make efforts on the working conditions offered and invest to improve the well-being of their employees.

Average cost of aTMSfor an employee



21 500 €

Average cost of a complete equipment

35 € footrest
20€ wrist rest
100 € screen arm support
200€ ergonomic chair
200 € ergonomic stool
700 € electric desk office

That is an economy per employée of about



20 250 €

*Source: CNAMTS CCMSA – Chiffre 2010

4-Benefits of ERGO SPHERE

Office chair, gym ball, dynamic seat, decorative object...

Use your Bloon chair as you wish! Anyway using the ERGO SPHERE regularly helps to strengthen postural muscles and improve posture.

Deep muscle strengthening: when you sit on the Bloon, you work your postural muscles in depth thanks to the micro stabilisation movements (back, buttocks, abdominal muscles). You improve your posture and tone your figure.

Reduction of the harmful effects of sitting:Sitting for long hours in an office chair, no matter how comfortable it is, is a passive posture that does not use any muscles, this leads to pressure on the spine and intervertebral discs, strongly favouring the appearance of back pain. Using a sitting ball helps to reduce the stress on the spine by avoiding the static posture.

Dynamic sitting: Admittedly, working on a Bloon requires more effort than on a classic seat, but this is nothing compared to the benefits you will feel: more calories burned daily, better blood circulation, toned figure...