



INVEST IN AN ERGONOMIC SEATING FURNITURE – AND GET ACTIVE AT WORK.

In todays we know that long periods of sitting day-in and out can seriously impact your health. If we are active during the day we can counter this and get a stronger posture and a better well-being.

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In todays world we know that long periods of sitting day-in and out can seriously impact your health. To spend most of your time sitting during working hours without variation by standing or walking, has been shown to increase the risk of cardiovascular disease. Todays many tasks are performed in front of a monitor which can lead us to a more restricted working area. The periods of immobility can be long, writes Swedish Work Environment Authority.

"After more than 20 years of work with health and fitness, I can say that one of the biggest problems we have today is inactivity. That in itself then creates worse problems like body aches. Today we sit far too much and often on chairs or sofas that are not particularly good for our bodies. Sitting on an Office Ballz can help you get a better posture," says Magnus Hagström, Personal Trainer and Health Coach.

Also you have to activate the trunk and back muscles to maintain balance on it. When I suggest to clients to use a pilates ball, I often hear that it is ugly and does not fit in the office design, so I am glad that the Office Ballz with it´s dressed appearance is on the market, continues Magnus Hagström.

"Office Ballz is an ergonomic seating furniture with built in Pilates ball that makes you have to balance to sit upright and thus train and strengthen parts of the spine, torso and legs," says Tomas Svensson, product manager at Götessons.

"The Office Ballz is available in two sizes in a large variation of fabric and zippers so it is easy to match it with other furnishings in the office. You regulate the inner ball easily with the included pump and the bottom is reinforced which makes it stable. By creating a good working environment gives healthy employees," says Johan Götesson CD in Götessons.

OFFICE BALLZ

- Increased blood circulation
- Increased mobility
- Better well-being
- Stronger posture



GÖTESSONS

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