

# Press Release

Munich-Haar, March 2016



**swopper fascia training for a healthy back**

## Personal Trainer for fascia: the 3D active seat swopper.

Fascia training is the latest fitness trend. It claims to create a great figure and iron away those unwanted cellulite dimples. But there is more to these pod-like sheets of tissue that sling all of our body parts like a fine body stocking. The fascia is the largest sensory organ of the body – larger than the skin - with an endless number of sensory receptors. It has a tremendous impact on our mobility, on our health and on our performance. Once the layers of fascial tissue become sticky it can cause tension and back pain. Corrective therapy to untangle the layers costs a lot of time and money. With the right and adequate amount of movement we can prevent fascia from becoming rigid and immobile. Simply during our daily routine, with the active seat swopper from aeris.

For a long time, little attention was awarded to the fascial system. Today, however, we know that the fascia is more than just a body suit for organs, muscles, tendons and joint capsules. It plays a decisive role in every movement our body makes. The fascia is therefore crucial for the proper functioning of our body.

### **Untangled fascia ensures mobility**

Imbalanced and insufficient movement makes the individual fascia pods gluey. They become rigid and immobile. The result is back pain, tension, a feeling of numbness, restricted movement, lack of energy and tiredness. To prevent this from happening and to keep the fascia tissue structures elastic and smooth, training is required – as is the case with muscles, tendons and ligaments. The magic formula here is simply: more movement.

### **3D-sitting is fascia-friendly**

Special fascia training sessions are booming and there is a huge selection of programmes to choose from – the ninja principle with Franklin ball or the Blackroll, for instance.

But most of these sessions take up time, and with the tight schedule people follow every day, many just cannot afford to spend so much time on exercise, or they simply do not want to.

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The good thing is, fascia training doesn't have to cost time or money. Using the **swopper** from **aeris** you can carry out effective training exercises automatically, just while sitting.

This is because the 3D active seat features the unique 3D technology from **aeris** that ensures twice as much movement as conventional office chairs and simultaneously encourages free, natural movements while sitting – including swinging movements.

## **Dynamic bouncing promotes smoothness and elasticity**

Dr. Breithecker, head of the Federal Agency for the promotion of posture and movement (Bundesarbeitsgemeinschaft für Haltungs- und Bewegungsförderung e.V.), explains this in greater detail: “A healthy fascial system is moist and constantly communicating with the surrounding fluid tissue. From this dynamic flow process the fascia can adjust to the various motion requirements and glide over the muscles. To maintain this smooth, elastic behaviour, bouncing movements like hopping, dancing or running are important. Jerking movements should be avoided. When sitting on the swopper, its pivot point - that is close to the floor - and the special mounting of the gas spring enable extremely smooth, 3D swinging motions that make the fascia structures work and relax, and this stimulates hydration of the tissue. As a consequence, the fascia is well nourished, stays smooth and prevents painful stickiness.“

## **Daily swopper – daily fascia training**

Because changes in the fascia develop more slowly and on a more continuous basis, compared to muscles, endurance and regular training are important. This is not a problem for those who sit on a **swopper** every day. Bouncing movements are automatically performed on a daily basis, in the office or at home. In this way, fascia training is practical, time-saving and effective. It is good for your back and great fun to do.

For further details on the **swopper** and other products from **aeris** and on retailer addresses etc.: [www.aeris.de](http://www.aeris.de), [info@aeris.de](mailto:info@aeris.de)  
Tel.: +49 (0)89/900 506-0.

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Life in Motion



Images 1 und 2: the **swopper's** bouncy movements help put back the springiness in fascia.  
(aeris/Gisela Schenker)



Image 3: Fascia wraps our whole body like a body stocking under the skin. (© York-Fotolia.com)

Download under [www.aeris.de](http://www.aeris.de) > Press, User: aeris\_press, Password: press\_photo or request under [presse@aeris.de](mailto:presse@aeris.de).

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## Profile of aeris GmbH

For almost 20 years the company **aeris**, based in Haar near Munich, has specialised in innovative active-sitting seats for use in offices, public places and at home. The company is one of the most innovative of Germany's small and medium-sized businesses. **aeris** is market leader in Europe for 3D active seats.

The **aeris** philosophy is "Life in Motion". All the company's products follow this concept and are designed to enable practical ergonomic movement in daily life at work as a solid foundation for health, wellbeing, productivity and performance.

**aeris** developed the first ever seat in the world that moves in all three dimensions, the **swopper**. This revolutionised the office chair market and everyday working life - in particular that part of life which takes up about 80% of the day in the industrial nations and which is largely responsible for unhealthy lack of movement: sitting. All **aeris** products - **swopper**, **swoppster**, **muvman**, **3Dee** and **oyo** - support and encourage movement when sitting. This enhances the quality of life and performance and at work is effective against typical office and civilisation disorders from backache and tension, high blood pressure and diabetes through to cardiovascular diseases and overweight. The **aeris** active seats provide the opportunity for more than twice as much movement when sitting as conventional office seats. They are approved worldwide and have won numerous international awards.

In 2007, the **aeris** company entered the TOP 100 list of the most innovative small and medium-sized German businesses. This bears witness to the potential and dynamics of the company whose success has been established and constantly extended through increasing international activities and a steady growth of its portfolio. The **aeris** company has about 50 employees and sells its products worldwide. [www.aeris.de](http://www.aeris.de), [info@aeris.de](mailto:info@aeris.de), +49 (0)89 900 506-0.