

# Press Release

Munich-Haar, May 2016



**Active Seat for standing/sitting adds movement to the standing workplace.**

## **No more standing fatigue - with the muvman from aeris.**

**We all work a lot. Almost half of the working population works longer than 40 hours a week. Most of the employees work sitting down. The rest have to quite literally “stand up” to the task. Several studies have shown that prolonged standing is just as unhealthy as prolonged sitting with a rigid posture position. Both of these options result in a reduced amount of movement and we pay for this with our health and a reduced quality of life. It also means high costs for businesses and the economy. This is a clear call for the active standing/sitting seat **muvman**: a solution that is easy to incorporate and builds movement variety into the standing workday.**

Laboratories, fair booths, baker shops, petrol stations, production workshops, retailers, hairdressers – the dilemma of standing long hours at work is a problem encountered in all occupational categories. In most of these standing jobs up to 70 percent of the working day is spent standing. This leads to an imbalanced strain on the human body and causes cardiovascular disorders and musculo-skeletal problems such as back pain. The perils of permanent standing are therefore similar to those of permanent sitting with a rigid posture position. The idea that the body becomes accustomed to standing after a while is nonsense. Practice does not make perfect when it comes to standing, it is more inclined to cause a health problem.

But what if you have to stand all day on the job? “Turning permanent standers into permanent sitters is not the right approach. It is far more important to build movement into the working day and therefore avoid rigid postural positions. Evolution has shaped our bodies for movement – changing from sitting to standing to lying and running etc.” says Dr. Dieter Breithecker, head of the Federal Agency for the promotion of posture and movement (Bundesarbeitsgemeinschaft für Haltungs- und Bewegungsförderung e.V.)

**muvman: It's the mixture that counts.**

The active seat for standing/sitting, the **muvman**, encourages this natural postural variability that is so important for healthy living. It

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allows you flexibly change from sitting to perching to standing and thus follow your natural urge to move.

## **Great technology that makes sense.**

The specially developed **aeris** base-plate joint enables all-round postural mobility and keeps your muscles active, thus promoting concentration and productivity due to a better supply of oxygen. The slight tilt angle of the spring strut ensures the optimum distance to the table or working surface at any height. This avoids the typical “hunchback” position.

The seat height can be continuously adjusted from 51 to 84 cm, making the **movman** convenient to use anywhere: for users at adjustable height desks, information booths, in the conference room, at presentations, in manufacturing workshops, laboratories etc. The patented seat cover ensures a good hold while remaining flexible in the front area to give way to pressure exerted by the lower leg. The foot of the **movman** has a non-slip scratchproof rubber rim and guarantees a stable support without wobble.

A further benefit: The **movman** takes up very little space. Its practical carry handle and low weight make it extremely mobile. The active standing/sitting seat is also available in a special FACTORY version that features a rugged synthetic-leather cushion cover and dustproof sleeve on the innovative joint, and has been specially designed for use in production, assembly and in laboratories.

The **movman** from **aeris** thus offers the most comfortable way and the fittest way to stand and perch. It makes you move more, promotes well-being and keeps you healthy – also resulting in fewer work absence days.

For more information on the **movman**, on **aeris** 3D ergonomics, on free testing and retailer addresses: [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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Fig. 1 and Fig. 2: The standing/sitting seat **muvman** can be used anywhere.  
(Fig. 1: **aeris**/Thomas Jape; Fig. 2: **aeris**/Thomas Koller)



Fig. 3: The **muvman** ensures ergonomic, flexible sitting and perching comfort at any height. (**aeris**/Thomas Koller)



Fig. 4: Simple and practical: the **muvman** is very mobile thanks to its carry handle. (**aeris**/Gisela Schenker)

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

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## **Profile of aeris GmbH**

For 20 years **aeris GmbH** has been devoting its exemplary expertise to the development and manufacture of innovative active-sitting seats for use in offices and at home. Founded in 1996 in Munich, **aeris** has revolutionised the office environment with the first ever seat in the world that moves in all three dimensions – the **swopper**. Its outstanding innovativeness has propelled the family enterprise to the head of the European market for 3D active seats.

**aeris** stands for quality without compromise “Made in Germany” and the untiring passion to bring more movement into everyday sitting. True to the philosophy of “Life in Motion”, all products – **swopper**, **swoppster**, **muvman**, **3Dee** and **oyo** – enable natural motion when sitting to the benefit of health, wellbeing and performance. **aeris** active seats have won many international awards.

The inclusion of **aeris** in the TOP 100 list of the most innovative small and medium-sized German businesses bears witness to the potential and dynamism of the company. **aeris** has a workforce of 50 and is represented in 39 countries.