

# What makes HÅG chairs so unique?

You get movement of the whole body without having to think about it – improving your health and productivity at work.

## WHY MOVEMENT?

Movement is essential to our health. It assists the nourishment of the muscles all over our bodies, necessary for both healthy work and play.

When we sit at work, concentrating on a task, we may move our hands, arms and head, but often simply “forget” about our legs. They remain “parked” and static. This affects our whole body. Ever noticed how tired you get after sitting for long periods?

HÅG chairs inspire you to move your feet. The front edge of the seat tilts upwards when you lean backwards, and down when you lean forwards. This stimulates ankle movements, and in turn activates essential venous pumping mechanisms in your lower legs (“the peripheral heart”), increasing blood circulation in your whole body.

Medical reports confirming this, by Professor Einar Stranden at Aker University Hospital, are available at [www.hag.no](http://www.hag.no)

## HOW DOES IT WORK?

HÅG's unique Balanced Movement Mechanism™ means you sit in balance, above the natural pivot point of the chair (unlike most knee tilt synchro mechanisms). This puts you back in control, since balance is the best starting point for movement!

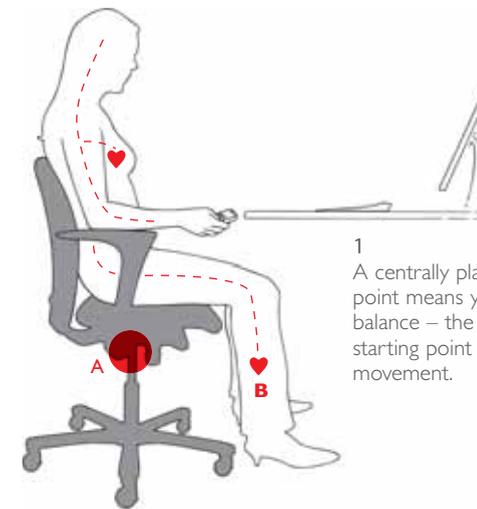
The seat and back move in unison, allowing you to tilt backwards and forwards with equal ease and thus, the chair follows, not dictates, your movements.

## WHY IS IT DIFFERENT AND BETTER?

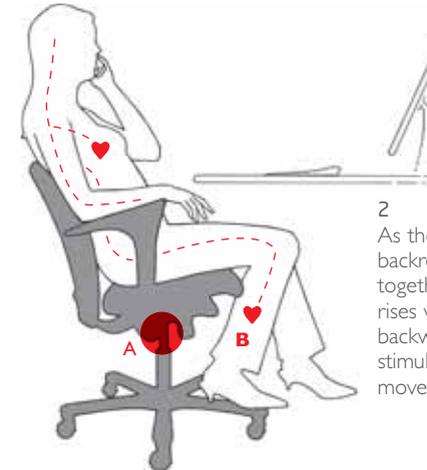
The idea behind the Balanced Movement Mechanism™ is that our feet initiate movement when we are sitting (just like in a swing) as they are the only part of your body in contact with the ground. Isn't that the purpose of our feet in all kinds of situations? When we walk, run or jump, our feet start the motion. The same goes for sitting. You initiate the tilting movement of the chair, backwards or forwards, by moving your feet and control the amount of tilt with your own body weight.

Foot Controlled Movement™ helps the flow of blood back to the heart, giving you more energy and thus helping you work more efficiently.

## BALANCED MOVEMENT MECHANISM™ AND FOOT CONTROLLED MOVEMENT™



1  
A centrally placed tilting point means you are in balance – the best starting point for movement.



2  
As the seat and the backrest are linked together, the seat front rises when you lean backwards and thus stimulates ankle movement



3  
The seat lowers as you lean forward to work.

**A** A CENTRALLY PLACED TILTING POINT  
**B** THE PERIPHERAL HEART