



# ergoErgo

...because the world needs a new way of sitting!



ErgoErgo is a proud winner of the Good Design award.

## Sitting on ErgoErgo

Here are some guidelines so you can enjoy the benefits of active sitting.

- Sit down gently.
- Keep both feet planted flat on the ground.
- Distribute your weight evenly between your pelvis and your legs and feet.
- Tilting your pelvis forward slightly gives you the broadest base of support and makes the spine feel taller.
- Enjoy the freedom of rocking easily -- forward and backward, from side to side.
- Start slowly, sitting on ErgoErgo for a short time each day, slowly increasing the time as you increase your core strength.

## Benefits of dynamic sitting on ErgoErgo

Evolution designed us to walk and run, to chase prey across the plains, to stalk in the forest, to crouch around a campfire. But to sit rigidly on a chair for long periods of time? -- not at all.

Our bodies were made to move!

Our spines depend on twisting to bring fluid to the intervertebral disks. Without motion, our intervertebral disks shrink and dry, causing pain. Our abdominal muscles need to be kept strong through usage to keep our bodies upright and supple. Our blood needs to circulate freely.

Traditional chairs encourage poor sitting. Rigid chairs with backs which "support" the body in fact only promote slouching and make our muscles passive and weak. Most chairs lock the body into a stiff position, hindering circulation, promoting slumping.

And so the muscles designed to help us -- the core and back muscles -- slacken from disuse. Secondary muscles carry out tasks for which they are not intended. Your body goes out of alignment and you feel pain, numbness, a stiff neck, shoulder pain, backaches, or sciatica.

## Strengthen your body

Doctors agree that we need to strengthen, not "support" our bodies. You should sit up naturally, using your own muscles instead of leaning passively against a seat back.

Your core muscles, which hold the body upright, are engaged and stimulated.

Your spine achieves its natural curve.

Your pelvis gently moves forwards and backward.

Your hips sway from side to side.

Your legs extend and stretch.

Your body feels a new ease and freedom.

Dynamic sitting keeps us healthy, alert and productive.

## Mind and body

Mind and body are intimately connected. In fact, we process movement and learning with the same part of the brain. Movement sends oxygen to the brain, resulting in a greater ability to concentrate and learn.

Even small constant movements keep the body -- and the mind -- alert, aware, awake.

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**Congratulations on your new  
ErgoErgo!**

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## Care

Clean with soap and water.

## User height

You should be able to keep your feet flat on the ground. Recommended height 5'2" - 6'2".

## To adjust your ErgoErgo's height

ErgoErgo is designed for sitting at a standard desk or table height, so in most cases you won't need to adjust the height. However, in some cases, such as high altitudes, you may want to let out or add an inch of air. At the center of the bottom of your ErgoErgo is a green valve. Gently puncture the valve's center with a pin, then use a sports ball pump to let air in or out.

ErgoErgo is made of recyclable technopolymer.



ErgoErgo is made in the USA.

## ErgoErgo holds the following patents:

US Utility Patent 8,007,417

US Design Patent - D628,662

European Registered Community design -  
001207666-0001



ErgoErgo is perfect for offices, schools, hotels, libraries, dorms, healthcare facilities, and homes. ErgoErgo is fun public seating and compact enough for the smallest space. And its reasonable cost makes healthy seating available to everyone.

Keep up with the latest news and developments from ErgoErgo Inc. by joining our mailing list. Contact us at [info@ergoergo.com](mailto:info@ergoergo.com).

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