

THE HÅG MOVEMENT

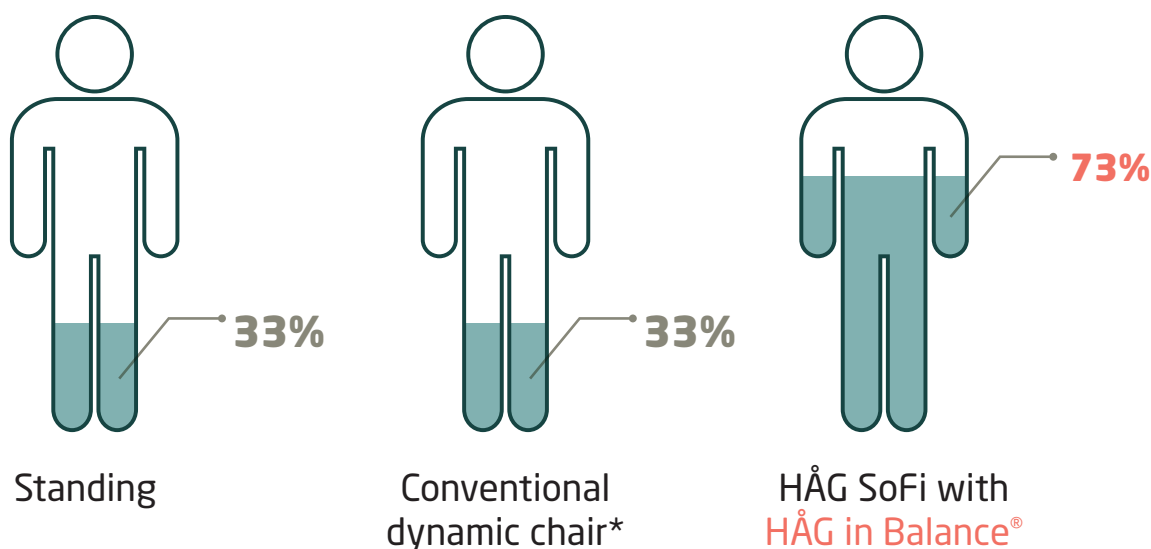


NEW STUDY CONFIRMS HÅG IN BALANCE® CAPACITY TO PROMOTE MOVEMENT

A new scientific study, carried out at the prestigious *Karolinska Institute in Stockholm**, shows that you can actually be active, while sitting down with HÅG SoFi.

As many as 73% of the subjects in the study reached levels of movement classified as light human activity (i.e. not sedentary) when sitting in a HÅG SoFi, outperforming a conventional dynamic chair**.

The study even shows that sitting down at the office, (in a HÅG SoFi), in some cases can produce more movement than standing up!



The infographic shows the proportion of subjects with light human activity levels (mean > 100 cpm) when performing a simulated work task in the laboratory. The data was collected using accelerometers on the waist. The infographic compares the results of sitting in a HÅG SoFi with a conventional dynamic chair and standing.

*The Karolinska Institute is one of the world's leading medical universities located in Stockholm, Sweden. It is the home of the Nobel Assembly in Physiology or Medicine.

**Conventional dynamic chairs are mainly task chairs with synchro mechanism. When leaning backwards in these chairs the chair seat will tilt backwards and the backrest will recline in a defined relation to the seat.

HÅG

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