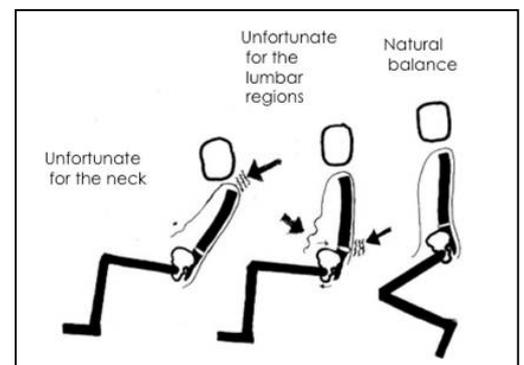


Whitepaper on the Science Behind the Balans® Seating Concept

Variér Furniture has initiated a development of a whitepaper proving that the Balans® Seating Concept – the concept behind the Variér Balans® chair - is the most healthy sitting concept for the human body compared with conventional seating. This is good news for a society suffering from an increasing number of spinal disorders caused by long-term sitting in conventional postures in offices and schools.

The newly developed white paper developed by Rani Lueder, an expert ergonomics consultant in the US, seeks to present an objective summary of research behind optimal sitting. It is aimed at educating and informing about the benefits and issues surrounding the genuine Balans® Seating Concept which is now proven to be the best sitting concept for the human body and the concept behind Variér Balans®.

We have long known that long-term sitting in conventional postures increases the risk of developing chronic musculoskeletal disorders, particularly involving the neck, shoulders and low and upper back. In recent decades, the rates of spinal disorders have continued to increase. A typical office employee who is sitting in a chair for hours on end is bound to end up with aches and pains. Research also indicated that today's children and adolescents are experiencing higher and higher rates of back and neck/shoulder symptoms that often continue into adulthood. These injuries have become increasingly expensive, affecting health and effectiveness at work and in school.



The Balans® Seating Concept



The Balans® Seating Concept was developed in the 1970's by Hans Christian Mengshoel and designer Peter Opsvik in response to the growing recognition of the limitations of conventional seating resulting in damage to the human body. Human beings are born to move, not to sit still. Mengshoel, Opsvik and ergonomists agreed that no single chair or seating solution was optimal, they recommended "movement" through a variety of proper postures. Moreover, the concept of an open body angle between the hips and lower torso was recommended.

Variér® Variable balans® - also called The Original Kneeling Chair™ - was designed on this concept in 1979 by Peter Opsvik. No other chair on the market can combine the key factors of movement and healthy posture the way the Variér® Balans® can according to the newly developed whitepaper.

Just Two Hours A Day Sitting in a Variér® Balans® Helps

A worker who spends their workday in a Variér® Balans® is actually healthier than one who does not. Why? A Variér® Balans® keeps the spine aligned in its natural and dynamic position, muscles are active and movement and variation is encouraged. Using a Variér Balans® chair maintains musculoskeletal health while working.

For those who would like to start using a balans chair gradually, it may be a good idea to replace their conventional chair for just two hours a day. It has been shown that musculoskeletal health benefits can be derived from simply using a Variér Balans chair® for as little as 2 hours a day as a secondary chair.

Variér® Balans® Does not Harm the Knees

You could think that the “kneeling” position of a Variér Balans® chair imparts unnecessary load on the knees. This is not the case. The appearance of kneeling is actually a visual miscue. When sitting in a balans® over 90% of the body weight is born by the seat, with the remaining portion distributed over both shins. The principle function of the “shinrest” aspect of the chair is to keep the user from slipping forward, due to the open body angle. Changing position is key to avoid locking the knees, to encourage free blood flow and movement and to keep the body in its natural state of activity.



About Rani Lueder

Rani Lueder, is President of Humanics ErgoSystems, Inc. an ergonomics consulting firm in Encino, California. She has consulted in workplace ergonomics, product design research and accommodating special populations since 1982. She consulted for corporations, governments and universities in nine countries. Rani was a member of the American National Standards Institute committee responsible for revising ANSI guidelines for seating and computer workstation design.

Company Information:

Variér Furniture AS, Haahjem, 6260 Skodje, Norwegen, info@varierfurniture.com; www.varierfurniture.com

Press Contact Variér Furniture GmbH:

Eva Danner, Tel.: +49 (0)7031 81764 40; eva.danner@varierfurniture.com



Variable™ balans®
with optional backrest
H 51 x W 52 x D 72 cm



Thatsit™ balans®
H 93-103 x W 56 x D 92 cm

Design: Peter Opsvik
Balans® Concept: Hans Chr. Mengshoel
Price: upon request