bad backs

Active Seating

Variér® Move™



The designer Peter Opsvik, invented the Variér® Move™ after observing how workers made cobblestone streets. He saw that they were sitting on a one-footed stool.

Variér® Move™ is a supportive stool that encourages movement in a fun and unconventional way. When you're half-standing, (half-sitting) the Variér® Move™ provides you with the same advantages as the cobblestone workers stool did.

- Mystic Black Fabric & Natural wood base
- Scandinavian design
- Allows 360° movement
- Custom colours are available
- Ideal for sit/stand workstations
- 7 year limited warranty

Black 5012-MY/BK/NT

Muvman - Active Sit Stand Seating



Always on the move. That is the secret of the "muvman". Thanks to the patented flexzone® technology the Muvman gives you support whenever you need it and the correct posture at all heights.... Standing, sitting or leaning back.

- Polyurethane foam seat with stylish micro-fibre fabric
- · Unique seat and back feature highly contemporary design
- · Easy touch height adjustable button, stylish and hidden away
- Base will work with any floor surface non slip and non scratch
- Base made of a glass fibre with reinforced polyamide for strength
- Seat features "flexzone" technology where the seat edges and corners are flexible and elastic and move with you
- Three year limited warranty
- · Black base with black micro-fibre fabric.

Black w/Black base Grev w/Silver base

5250-BK-BK 5250-SI-GR

Muvman Factory- Production & Assembly





One employee in two often or always has to stand when working. Standing when working is a strain and can even be painful. The musculoskeletal system is incorrectly loaded; the large groups of muscles are permanently tensed. The spine, ligaments, tendons and joints are subject to one-sided static loading. The consequences are disc problems, bad blood circulation, metabolic disorders, muscle stiffness and fatigue. A problem for employees and employers alike.

- Variable standing/sitting allows for longer and more productive work
- Simple and intuitive handling
- · Strengthened core as a result of being in
- · Significant international design awards give you peace of mind
- Extensive height adjustment range from 51cm to 84cm
- muvman HIGH (60cm to 93cm) is available for people over 185cm in
- Three year limited warranty
- Stable baseplate with non-slip rim prevents accidental toppling & slipping

Black base with black non-slip imitation leather 5251-BK/BK

Active Seating

Swopper Classic - Changing The Way We Sit



Swopper is a well researched, German engineered ergonomic office stool. It's designed to assist the body's natural motion pattern, particularly when sitting, through its flexibility in 3 dimensions. All this strengthens your back, increases performance and helps to keep you fit and healthy.

Sitting on a moveable surface requires the active use of the legs and torso, and the Swopper makes sitting fun and ergonomic in many ways.

- Height & spring tension adjustments
- · Lateral (side to side) adjustment
- · Seat cover: Alcantara poly suede fabric
- Three (3) year limited warranty
- Weight limit: 131kgs (290lbs)

• Height range 45 - 68cm (22" to 27.5")

Black	
Red	5200-A-RD
Royal Blue	

Swopper AIR



The new Swopper AIR use a new high tech 3DEA spacer fabric, also described as a three-dimensional textile, consisting of a top and bottom layer of performance fabric, held at a clearly defined distance by pressure-sensitive threads. The result bears resemblance to a textile sandwich that can be used as an elastic climate-comfort element in many objects or applications designed for sitting and reclined rest.

- · Mesh material (net structure) made of 100% polyester
- 3DEA spacer fabric
- Optimum climate-control properties provided by natural
- Heat and moisture regulation
- Three (3) year limited warranty
- Height range 45 68cm (22" to 27.5")

Stone Grey w /Castors

5203-CASTERS-SG

Swopper CARE -Active Sitting for the Medical Sector!



Designed especially for the medical sector (health care, therapy, wellness). The seat is upholstered in the CARE (Stamskin) special high-tech fabric. This super-hygienic cover is anti-microbial, anti-bacterial, anti-mycotic, waterproof and fire-resistant, pleasant to handle and very easy to clean. Just wipe clean with soapy water. Additional disinfection is not necessary.

- Improves your posture through active sitting, relieving the pressure on painful
- · Anti-microbial, anti-bacterial, anti-mycotic, waterproof and fire-resistant, pleasant to handle and very easy to clean
- Great for developing your core muscles (back and abdomen) - it is in fact a muscle toning device.
- Height range 45 68cm (22" to 27.5")
- Height range 45 68cm (22" to 27.5")
- Three year limited warranty

Black Stamskin fabric w/ Castors 5202-CASTERS-BK

Active Seating

Swoppster - Sitting Better from the Beginning!



Conventional children's furniture greatly restricts children's natural room to move. This is why Aeris developed the swoppster - the active-dynamic seat for kindergarten and primary school children - with its unique 3D movement. This makes the seat adapt itself to the child and not vice versal

The swoppster enables a constant change of posture and thus a constant alternation between loading and relieving of the complete musculoskeletal system. This constant rhythmic movement is decisive for muscular activity and stimuli to the brain.

- Encourages alertness, attentiveness and concentration
- Enables more movement than any other chair
- Prevents bad posture and strengthens the back
- Three (3) year limited warranty
- Weight limit: 50kgs
- Height range 32cm and 47.5cm

Cherry Red	5205-RD
Ocean Blue	5205-BL
Apple Green	5205-GN
Juicy Orange	5205-OR

3Dee - Active Office Chair



The new 3Dee office chair brings dynamism, health and quality of life into the office.

It combines active-dynamic sitting with ergonomically optimized relaxation. The patented technology swopper® supports and encourages natural motion in three dimensions. It makes movements to the side, front and back and also vertical swing possible.

- · Helps relieve back pain
- Promotes active-dynamic sitting
- Good training for the muscles
- Keeps ligaments and joints in motion
- Stimulates blood circulation
- Encourages concentration & performance
- Three (3) years on seat structures (spring, seat frame, height adjustment seat frame)
- One (1) year on seat cushion and seat fabricframe)

Black	5220-BK-COM
Coral	5220-CO-COM
Grey Melange	5220-GR-COM
Aqua	5220-AQ-COM
Caramel	5220-CA-COM