

## Tips for a better sitting

Living in an achievement oriented society implicates that we pay less attention to the signals of our body

In our modern society people tend to sit a lot e.g. in school, during their leisure time, while working, in front of the computer, while watching television, etc. Therefore the number of people with back problems is increasing. But how can we act against this negative tendency?

### Let us move

Since more and more people work in front of the computer sitting has become an important part of our life. Because of this new development it is not necessary anymore to leave the house e.g. for posting a letter- your PC does all these important jobs for you.

“Show me how you move and I will tell you how you feel”  
First of all it is important to sit up that means that the head is raised up, the breast is slightly stuck out, the spine keeps its natural shape of an “s” and the pelvis is tipped forward. The angle of 90° which is often recommended is only suggestive for chairs of conventional height.

Even the right sitting position can be strenuous if you do not move in between. For that reason you should prefer chairs that guarantee a good

posture and invite you to move at the same time. This will ensure that you keep changing your sitting and working position as often as possible.

With the help of new technology we can develop new furniture which is adjustable for every working position and every individual being.

Normal chairs are offered in standard-heights and are not adjustable. Therefore, people tend to sit without moving during work. But our muscles need a permanent change. They want to be trained constantly. But the inborn motor activity which still exists at child´s age is often held back:

Don´t rock your chair!  
Sit still! .....  
People suffer from back pains and muscle tension that often lead to permanent problems and deformation of the spine. But we can act against this negative development. Higher sitting positions  
Do some jobs e.g. answering the phone in a higher sitting position or use a support while standing.

Permanent standing can be as strenuous as permanent sitting. Consider it important to move and balance your muscles. You even have

to learn how to stand correctly!  
Use footrests or footstools and avoid desks that are either too low or too high. Both can cause bad postures - either humpback or raised shoulders which result in tensions.

### The new trend

Now people change their ideas and develop new plans. Trainers want to teach us how to sit in a good position and how to move correctly. We want to show backbone again and realize that we really need our muscles because they support our spine. If these muscles are not trained they will atrophy and will not support our spine anymore.

Sit on a stool without back just for a change and you will see that you need more muscles than before.

Wipp-Sitz is a new and good invention because it is adjustable in height and you can change your position easily. That supports the inborn motion activity and makes it easier for your body to compensate tension.

### The latest academic findings

An industrial medical study of the college of technology in Vienna

provides evidence that the support-function of muscles that work on reflex is important because they prevent injuries of the back. These muscles cannot be trained by conventional workouts. It was found out that the muscles react in a positive way to coordinative training. That means that they show a reflex action and that they are able to stabilize if they are confronted with new and unstable situations. Special sports equipment or movable stools contribute to the health of your back! But flexible sitting also means flexible thinking. New ideas are required!