

# Ergonomic Active Stool VIVIDSIT

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VIVIDSIT follows body movements activating middle body muscles and keeping body spry all work day long. The stool trains unnoticed posture muscles of body.

## Physiologic basis

Sitter's centre of gravity is above pelvis and so small movements in all directions or 360° on Vividsit's air cushion activate deep abdominal muscles and pelvic floor muscles. Besides, metabolism of backbone disks increases when surrounding muscles become activated.

Activation of middle body muscles does good to posture and activation of deep muscles helps in problems caused by passive sitting.

VIVIDSIT has been tested and developed in cooperation with occupational physiotherapists.

## Ergonomic benefits

- + Posture becomes better
- + Muscles supporting backbone become stronger
- + Body becomes more stabile and better balanced
- + Back becomes stronger and backaches may be reduced
- + Abdominal muscles become stronger which stimulates digestion
- + Flying-saucer shape of seat has no upright edge that would press on thighs
- + Air cushion and plate under it have been carefully dimensioned so that plate edge doesn't press on thighs
- + Thickness of air cushion can be easily adjusted to suite every individual by increasing or decreasing air. Pump comes with stool.



VIVIDSIT with spaceship design has no upright edge to press thigh. Besides, underplate is dimensioned not to press thigh

## Other benefits

- + Velcro-fastened air cushion can be easily detached and taken to other places like meeting rooms
- + Zip of air cushion cover makes it easy to change covers if they become damaged, dirty etc. or if you just want to change colour.
- + High-quality leatherette cover is very durable. For example scratching with hard object leaves almost no visible trace.

## Technical specification

Air cushion seat	Dia. 38 cm Velcro-fastened to underplate for easy detachment
Cover of air cushion	With zip, easily changeable High-quality leatherette, very durable, stands well scratching and detergents containing alcohol 3 colours: black, red and grey
Pump with valve needle	For adjustment of air cushion thickness
Height adjustment	By all-around ring Alternatively 43-53 cm, 52-69 cm, 53-74 cm or 62-87 cm depending on gas spring length
Gas springs	High quality, according to <ul style="list-style-type: none"><li>▪ European DIN norm</li><li>▪ German TÜV norm</li><li>▪ USA ANSI/BIFMA norm</li></ul>
Base	Dia. 48 cm, polished aluminium
Castors	Dia. 60 mm, for hard floors as standard Also available <ul style="list-style-type: none"><li>▪ dia. 50 mm castors for soft floors</li><li>▪ - floor caps</li></ul>



Velcro-fastening for easy detachment of air cushion.



Air cushion can be taken to other places like meeting rooms



Thickness of air cushion seat can be adjusted by pump and valve needle coming with stool

## Gas spring lengths by user heights

User height	Seat height	Gas spring
Alle 150 cm	43-53 cm	XS
150-160 cm	52-69 cm	S
160-180 cm	53-74 cm	M
yli 180 cm	62-87 cm	L



Zip-up seat covers are available in 3 colours and easy to change

## Product codes

16200-xxXS	Ergonomic Active Stool VIVIDSIT,	height adjustment 43-53 cm
16200-xxS	Ergonomic Active Stool VIVIDSIT,	height adjustment 52-69 cm
16200-xxM	Ergonomic Active Stool VIVIDSIT,	height adjustment 53-74 cm
16200-xxL	Ergonomic Active Stool VIVIDSIT,	height adjustment 62-87 cm

In above stool codes xx according to colour:

xx = 06 black

xx = 01 red

xx = 03 grey

## Replacement covers

16212-01 red

16212-03 grey

16212-06 black