## Are YOU sitting comfortably or does the chair you work on leave your back and neck aching?

Use your back correctly both at home and work

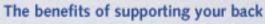


## with the BEAUTELLE SADDLE STOOL

Wherever you are sitting... our unique
Saddle Stool corrects posture and
maintains your natural spine curve
by keeping your pelvis rotated
forward and your back hollow even when you lean forward to work.

It is important to sit on a seat where your knees are lower than your hips and your feet are planted squarely on the floor.

When you sit on the moulded saddle seat your bodyweight is automatically distributed more evenly, providing a natural anatomical balance and reducing pressure on the back muscles and spinal discs.



- reduces work related upper limb disorders

  (e.g. pain and aching in wrists, arms and shoulders/ RSI)
- decreases pain and fatigue associated with muscular tension
- alleviates neck and shoulder pain and related headaches
- improves blood circulation and digestion
- reduces lower back pain
- relieves posture problems (e.g. slouching)
- enhances muscle tone (e.g. strengthens abdominal muscles)

## ERGONOMICALLY DESIGNED TO GIVE MAXIMUM SUPPORT

the Beautelle Saddle Stool allows your spine to assume its natural curves...
...making good posture effortless!