

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 **BEAUELLE 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.



The benefits of supporting your back

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