



Which Style of Chair is Right for You?

Did you know that the average computer user sits anywhere between 12 and 16 hours per day? Therefore, it goes without saying that a comfortable and supportive **chair** is essential for your well being. So, it's always a good idea to demo your chair before you buy it and make sure it is the right fit for you! And remember, your chair alone doesn't fix your posture, the way you sit in it does!

Check out our list of chairs and their **pros** and **cons**!

Chair



Multi-Tilt Task Chair



- Many brands & styles available
- Popular & reliable office standard
- Highly adjustable
- Abundance of levers may be confusing
- Adjustments not always intuitive
- Wide ranging price levels

Dynamic Counter Weight Mechanism



- Sleek design
- Absence of knobs and levers
- Intuitive to use
- Back does not always lock
- Lack of adjustable lumbar support
- Can be expensive

Executive Chair



- Remains a popular choice in offices
- Prestigious look
- Roomy
- Limited adjustability
- Lack of lumbar support
- Too large for many people

Exercise Ball



- Affordable
- Tones abdominals and strengthens core
- Promotes dynamic and balanced posture
- Fixed height inhibits adjustability
- Lack of lumbar support
- Can be fatiguing if used all day

Kneeling Chair



- Promotes neutral pelvis
- Opens hip angle & increases circulation
- Height Adjustable
- Pressure points on knees and shins
- Lack of lumbar support
- Not suitable for long term use