

FEEL BETTER

WORK BETTER

LIVE BETTER

DO YOU HAVE SITTING DISEASE?

How long do you sit? Or perhaps we should ask, how long do you sit *still*?

If you're like many people the answer is most of the time. The perils of sitting are well known and have raised our awareness, encouraging us to explore new ways to work, to optimize our longevity and quality of life, to maximize our personal productivity and ease our aching back.

The sitting disease has a new antidote: *movement*. Nothing so profoundly impacts our health and staves off the ill effects of static sitting than moving. CoreChair is transforming the landscape of a healthy office with our quirky, uniquely designed CoreChair: a seating solution that combines freedom of movement with optimal postural support.

Your commitment to a healthy lifestyle is no longer confined to the gym or the dinner table. Join the CoreChair active sitting movement!



MOVING ON THE CoreChair

No amount of exercise can offset the effects of prolonged sitting. The key to improved health is to maintain movement (even non-exercise activity) throughout the day. Here are some of the benefits of active sitting.



COGNITIVE ABILITY

Movement stimulates blood flow to the brain which delivers oxygen and glucose to enhance cognitive function.



GENERAL HEALTH

Movement stimulates your circulation, your lymphatic system and blood flow to keep your vital systems working well.



SPINAL HEALTH

A healthy spine requires a diversity of movement which involves mobilizing the joints, strengthening core muscles and hydration of your vertebral discs.



Patrick Harrison

Founder and CEO

With a degree in Kinesiology specializing in sports medicine, CoreChair founder Patrick Harrison has always had a passion for understanding what the sitting body needs. His previous success in designing specialized seating for persons dependent on wheelchairs for mobility inspired his development of a healthy seating solution for those who find themselves confined to a desk environment. CoreChair is an active sitting solution that is revolutionizing the way we sit.

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