



A solution to reduce the negative effects of prolonged sitting



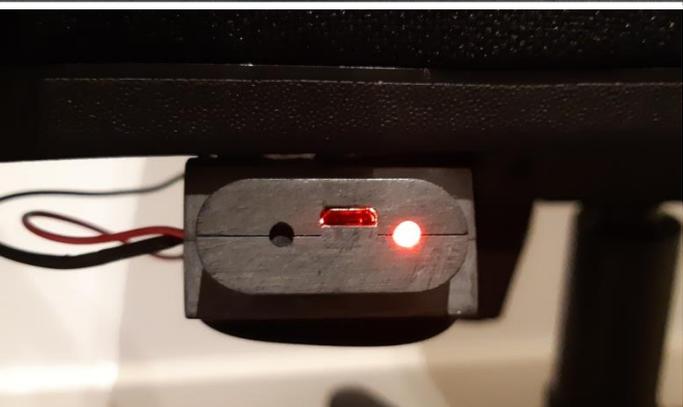
The Purpose

Prolonged sitting has fast become a priority health issue for our nation.

Chronic diseases such as diabetes and cardiovascular disease and musculoskeletal disorders are linked to prolonged sitting, contributing to lower labour force participation and lost productivity.

Australian research has found that the average office based employee spends 75 per cent of work hours in sedentary time. Prolonged sitting has also been associated with an increased risk to mental health.

Up & About is fully automated to provide an alert after 25 minutes of uninterrupted sitting, countering these negative workplace impacts and personal health effects.



How it works:

- The in-built timer:
 - commences the moment you sit on your chair
 - stops and resets the moment you stand up
 - re-commences when you sit down again on your chair
- After sitting uninterrupted for 25 minutes, a gentle vibration passes through the chair to alert you to get Up & About.
- Working to a tight deadline and you can't leave your workstation? No problem. Simply rise off the chair and sit down again once the vibration ceases to reset the timer – research shows that even this simple action has incremental benefit of breaking the sedentary position and activating various muscles.

About **Up & About**:

- Premium quality office chair.
- Technology built into the chair alerts the user when to get Up & About.
- Fully automated. No need to attach devices to your body or manually set timers.
- Uniquely local innovation. Proudly designed in Melbourne, Australia.

Did You Know?

We need a break from sitting down - and it starts today!



When you Sit: VS When you Stand:

..the risk of cardiovascular diseases increases by **40%** over time

..the enzymes that help break down fat drop **90%**

..uninterrupted for more than **6** hours you counteract the effect of 60 min exercise



..and actively move around, you can reduce risk of cancer up to **25%**

..you burn up to **50** kcal more per hour compared to sitting

..your muscle activity is almost **2.5** times higher than during sitting

Widespread availability of computers and labour-saving devices have seen workplace sitting rise dramatically in recent decades.

Obesity related health issues are associated with over four million days lost from Australian workplaces annually, contributing significantly to reduced workplace productivity.

Musculoskeletal disorders are linked to prolonged sitting, and are common in the workplace accounting for a significant proportion of workplace sick leave. It also adversely affect employee morale, productivity and wellbeing.

Implementing measures that enhance the physical and mental health of employees results in benefits far greater than the costs.

Studies have shown that breaks at 25-minute intervals have proven to be beneficial at combating this emerging health issue.



MOVING IS LIVING

Vary between standing and sitting, and move around as much as possible in between.

POWERED BY LINAK®



Ergonomic

Up & About is fitted with features to ensure ergonomic compatibility including pneumatic seat height adjustment, lumbar support, adjustable seat pan, castors and optional arm rests.

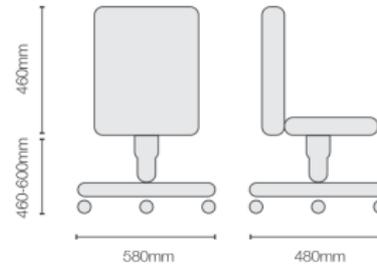
With **Up & About** you will:

- Improve employee health
- Improve productivity
- Reduce absenteeism
- Build staff morale
- Encourage face to face contact between staff
- Demonstrate that you care about the health and wellbeing of your staff





UP & ABOUT



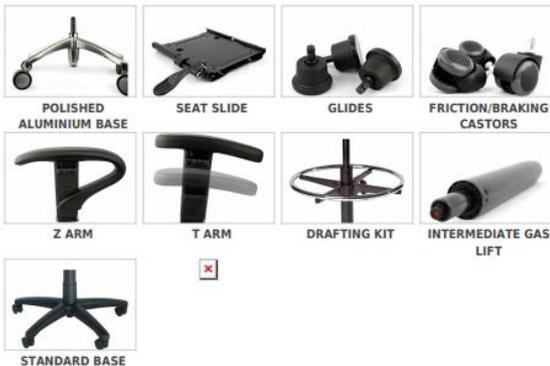
STANDARD FEATURES

- Black Nylon Base
- Moulded Seat Foam
- Manual Back Lock
- Back Height Available in Medium or High
- Medium Back 0.81m fabric required
- High Back 0.91m fabric required

\$499 plus GST each

Colours: Wide colour range (mesh seat back also available)
Payment terms: 50% deposit on placement of order
 50% balance on receipt of goods
Delivery time: Approximately 3 months from payment of deposit.
Minimum order: 50 chairs

OPTIONAL FEATURES



Optional features – price per chair:

Aluminium Base	\$25
Seat Slider	\$30
Friction/Braking Castors	\$8
Glides	\$0
Z Arm	\$45
T Arm	\$43
Ratchet Back	\$20
Drafting Kit	\$40
Vteq/Memory seat foam	\$20
650 Deluxe Seat Foam	\$10
Intermediate Gas Lift	\$10

UP ABOUT



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Up & About



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