

aeris-Impulsmöbel GmbH & Co. KG
Ahrntaler Platz 2-6 · D-85540 Haar bei München
Fon +49 (0)89-90 05 06-0 · Fax +49 (0)89-90 39 39-1
E-mail: info@aeris.de · www.aeris.de

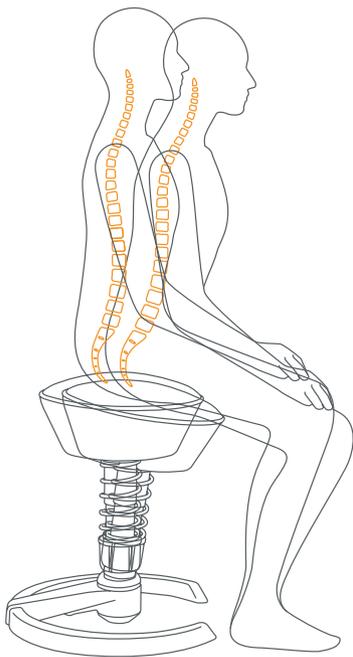
aeris[®]
Life in **Motion**

Free test and more information
at your authorised aeris dealer

08 03 UKFL0277

swöpper[®]
for the benefit of your **back**

“swopper”: Best for your back.



How you sit is how you feel.

On conventional office seats, your body usually has to adapt itself to the seat. The result: “you break your back” sitting and suffer from backache and tension. The “swopper”, the award-winning active seat, puts an end to all that. Thanks to its unique three-dimensional movement, it adapts itself to you – not vice versa!

This active sitting in three dimensions with many changing sitting positions keeps you in motion all the time and strengthens your back. You keep fit and feel comfortable.

Award-winning sitting.

The “swopper” is recommended by many prominent doctors and international experts like Prof. Dietmar Schmittbleicher from the J.-W.-Goethe-Universität in Frankfurt: “From a physiological and thus preventive health point of view, the “swopper” is clearly superior to a conventional office chair. It permits you to move twice as much as with a conventional chair.”

More studies and expert opinions are available at www.swopper.de.

By the way: the “swopper” WORK, the new version of the “swopper” active seat, is the only 3D seat in the world with the certificate as office chair in compliance with the European DIN EN 1335 standard.

Six advantages. Simply good.

1. Always sitting properly.

The “swopper” encourages constant change of posture. You automatically sit up straight more often. And because the “swopper” follows your movements, your back remains straight – even when you lean towards your desk.

2. Good for the intervertebral discs.

The 3D movement of the “swopper” eliminates one-sided pressure on the intervertebral disks. Swopping nurtures the intervertebral disks and keeps them fit and elastic.

3. Training for the muscles.

The “swopper” keeps your entire body in motion. This strengthens the abdominal, back and leg muscles and prevents many forms of backache.

4. Active prevention of vein problems.

The “swopper” seat is convex in shape. This prevents pressure points and congestion. Sitting in motion stimulates active transport of the blood to the heart.

5. Keeping ligaments and joints fit.

Active-dynamic sitting also keeps the joints in constant motion. This encourages the formation of synovia, tightens the ligaments and tendons and prevents joint diseases.

6. Stimulation of blood circulation and mood.

Swopping makes you straighten the upper part of your body, frees the diaphragm and stimulates the circulation. This is not only healthy, but is also a lot of fun.

