



## Basic questions – PostureFit™

### 1. What is PostureFit?

PostureFit is a major ergonomic breakthrough in office seating that delivers custom-fitted support where it's needed most: in the lower back area below the beltline, where the spine meets the pelvis.

### 2. How does it work?

PostureFit adjusts to the lower back's contours, filling the void that exists between the lower back and the back of a chair. By doing so, PostureFit supports the natural forward tilt of the pelvis to promote the alignment of the spine. This enables the sitter to sustain a healthier posture.

### 3. What are the benefits of a healthful posture?

Research confirms that slouching and similar seated postures can cause backaches, headaches, fatigue, and poor concentration. A healthful posture—when the spine is properly aligned—promotes greater overall comfort, including improved concentration and endurance through long hours of seated task work.

### 4. Why is it an appropriate choice for today's workers?

Recent Herman Miller research shows that office workers today are literally on the edge of their seats—sitting upright and forward, often working at a computer—during much of their workday. When people sit this way for extended periods, they tend to slouch, causing the spine to lose its natural alignment. This results in fidgeting, fatigue, and general discomfort, quite often followed by lower back pain, tight shoulder and neck muscles, and headaches. PostureFit provides healthful lower back support and spinal alignment for anyone whose work involves hours of task-intensive seated activity.

### 5. How is PostureFit different from lumbar control?

Lumbar support devices address the symptoms of poor posture by applying pressure to counteract the bending outward of the lumbar region. PostureFit addresses the root cause of poor posture: It fills the void that exists between the lower back, below the beltline, and the back of the chair, and by doing so supports the natural forward tilt of the pelvis, which is necessary for healthful spinal alignment.



**6. Why was the Aeron chair selected to feature PostureFit?**

Aeron and PostureFit are a great match because both represent advanced thinking in ergonomic design. Aeron codesigner Bill Stumpf, along with Jeff Weber of Stumpf/Weber + Associates, took part in designing PostureFit. PostureFit technology will also be incorporated into other Herman Miller seating lines in the future.

**7. Can PostureFit be added to existing Aeron chairs?**

Yes, easily and quickly.

**8. What have been the results of user testing?**

84 percent of Herman Miller test subjects say they prefer PostureFit to traditional lumbar support, and 86 percent say it provides superior lower back support.

**9. Who invented PostureFit technology?**

Dr. Brock Walker, an internationally recognized specialist in musculoskeletal disorders, biomechanics, and ergonomics, developed PostureFit in partnership with Herman Miller engineers, Bill Stumpf, and Jeff Weber.

**10. When will PostureFit be available?**

PostureFit is scheduled to be introduced November/December 2002.

**11. What is the cost for PostureFit?**

The suggested retail or list price is \$90.00. The price is the same as an option for a new Aeron chair or a retrofit kit for an existing Aeron chair.