

Standing Philosophy

A more independent life may keep people healthier.

It is self-evident that a person who can sit and stand is more independent than a person just sitting.

The standing chair allows a person to be more independent and do more things ... and as a person does more things ... they get more physiological benefits (from standing) without having to work at it.

A person may think they are reaching for a dish in the cupboard (and they are) but they are ALSO getting the benefits of standing that would NOT be received if just sitting down in a traditional chair.

So, by standing, a chair user receives the benefits of

- 1) Pressure relief
- 2) Weight bearing for bone integrity
- 3) Gravity on bowels and urinary tract
- 4) Stretching of muscles/tendons, and
- 5) Improved circulation ...EVERY SINGLE DAY without thinking about it or without going to the gym.

IT IS THAT SIMPLE.

If things are easy to do ... we do them often. If things are hard to do (like eating less or exercising more) we tend not to do.

So by leading a more independent life a person can get more done and is (as a by-product) healthier.