

Title:

Choosing an Office Chair

Word Count:

625

Summary:

Just like choosing an automobile that has adjustable seats so you can see over the steering wh

Keywords:

furniture, office, office chair, chair, choosing the right chair.

Article Body:

Does your workday consist of sitting for many hours in a chair · keyboarding, talking on the p

Just like choosing an automobile that has adjustable seats so you can see over the steering wh

Research by the National Institutes of Health (NIH) Division of Safety, the University of Cali

Height: Since it's important to sit comfortably with both feet flat on the floor, a chair with

Seat: A chair seat has to be comfortable for a long period of time. Make sure the seat has end

Backrest: Look for a chair with an adjustable back support that raises or lowers to a height t

Armrests: Well-cushioned arms that adjust in height and width can help you maintain straight w

Health and Safety: Always look for durable construction that has been tested and certified. Th

And finally, remember to get off your butt once an hour for a good stretch. Your body will tha

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