

Changing Life's Momentum

Posted by **Sandhya Divakaran** On July 16, 2013 In **Home Hypes**

As a child have you been very sporty? Have you enjoyed all the running and jumping you wanted before you landed your sedentary job? Cushy as it is, you find you slowly develop back pains, your posture needs to be maintained at all times and you have to carry a cushion to work.

And this marks the beginning of all ailments related to the back that cause you to spend more time, effort and money on treatment, when all you had to do was get back to your roots. Human beings have bodies that were designed to move around and not be tied down to a chair.

In fact, a sedentary lifestyle is the root of cardiovascular, obesity and spinal diseases that sometimes cannot even be compensated for by leisure sport. Life in motion, to put it aptly, is what we need.

Josef Glöckl founded [Aeris Chairs](#) for this very reason. The [dynamic chairs](#) manufactured in Aeris are specially researched and crafted to suit the back, and to bring freedom of movement. Fitted with special springs or to and fro movement, these cushioned seats ensure that you have constant movement even while sitting.

Little as they are, these [dynamic chairs](#) have won numerous awards and have enjoyed immense popularity. Furthermore, the 100,000th Swopper chair was sold in 2006.

If you see the need to inject motion into your sedentary lifestyle, then you might like to get a few of these colorful seats in your office and home. These ergonomic chairs are now available on [Desado](#), so take a peek and enjoy the benefits.





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Sandhya Divakaran

Sandhya comes from a background of journalism and business writing, and wants to be the kind of writer, who can seamlessly pick up on any topic, due to her strong belief in the pen being mightier than the sword. She loves to read, and if she had her way, would live inside a book, expanding her world with words. When not busy typing, she loves shopping, has a heart for furry friends and spends her quality time with friends and family.

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