

## Press Release:

### Dynamic sitting - better learning.

Ergonomic learning conditions for children are not an expensive luxury but, under health-prevention aspects, a real necessity. VS's adjustable desks and chairs for schools and home have been awarded the kitemark "Aktion gesunder Ruecken e.V." (Healthy Back Campaign; AGR).

These days, children lead an increasingly sedentary life, both at school and at home: they sit at the breakfast table, they sit in the car on their way to school, they sit during a long school day, and they sit at home during their leisure time in front of the TV game console, or DVD and PC. On average, elementary school children spend 9 hours a day seated, physical activity has become an exception. This calls for an increasing consideration of ergonomic requirements.

Continually height-adjustable desks and chairs to adapt to growing children are essential for an ergonomic classroom design. This adjustment has to be such a natural occurrence as new shoes for feet grown too large.

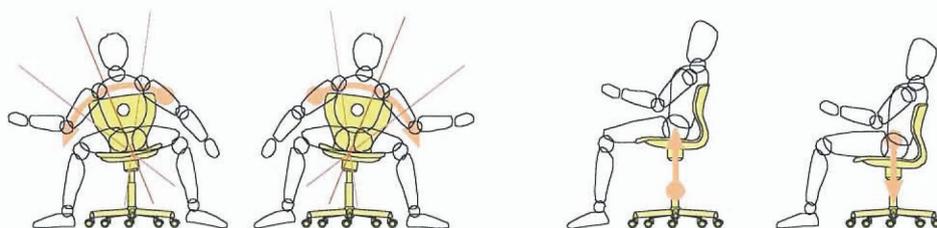
However, 80% of all children spend their time in school at desks and on chairs which are never adjusted! And many people still believe that children have to sit in an upright and relatively static position. These conditions are especially detrimental to the spine of adolescents in their highly sensitive growth stage.

The results are well known: 48% of all 11- 14 year olds suffer from damaged posture, 44% of all fourth-graders complain about occasional back pain, and 8% about permanent back pain! In addition, 43% of all elementary school children suffer from occasional difficulties concentrating while 12% have constant problems with concentration. Tension and motor disorders contribute further to aggravate this problem.

This problem, however, can be solved. Easily and continually adjustable furniture is available. Chairs which adapt to a child's natural need to move are also available. Even if such furniture cannot make up for a lack of exercise it can contribute considerably to a healthy development of children and adolescents.

Two products by VS from Tauberbischofsheim, developed in close collaboration with experts, provide essential ergonomic benefits and have now been awarded the much-coveted AGR kitemark by "Aktion gesunder Ruecken e. V." (for further information: [www.agr-ev.de](http://www.agr-ev.de), [www.vs-moebel.de](http://www.vs-moebel.de)).

VS's height-adjustable and thus "growing" swivel chair PANTOMOVE has an innovative ergo-rocking mechanism, which promotes dynamic sitting. The chair fluently adapts to any natural change of position.



For an active writing position the seat will incline forward, supporting an erect spine and a physiological working position. A weight shift towards the back will cause the seat to recline. The resulting position now assumed helps to relieve the back. PANTOMOVE does not block lateral shifting of the weight but cushions it. This dynamic chair thus offers children the freedom of movement they require for a healthy posture development and a long attention span indispensable for a long school day. Posture-relevant organs and muscles are rhythmically flexed and relaxed, blood circulation remains active, the brain's oxygen supply is uninterrupted and the brain's metabolism thus unaffected. Motto: Mobile children are clever children.