

Active Office Chairs Boost Wellness & Productivity—New Phil Zen Design Blog Post Walks Through The 6 Main Designs

We heard it before, sitting all day is bad for us. But not many know the effects can't be undone by simply going to the gym. Active chairs are the solution.

TORONTO, ON, CANADA, March 2, 2022 /EINPresswire.com/ -- TORONTO, ONTARIO (March 2, 2022)—Growing in popularity among people who work from home are office chairs designed to deliver many of the health benefits of moving while remaining in a seated position. The [Phil Zen Design blog post](#) published today takes a look at this type of furniture, known as active chairs.



Explore the 6 main active chairs designs in the marketplace - tilting chairs, kneeling chairs, saddle chairs, swaying chairs, perch stools, and ball chairs.

“Sitting all day has been shown by extensive research to be bad for us,” said post author Philippe Gryc.

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Did you know that the negative effects of continuous sitting can't be undone by simply going to the gym? Much like eating an apple doesn't cancel out the effects of smoking.”

Philippe Gryc

“what most people ignore, is the bad effects of continuous sitting can't be undone by simply going to the gym, much like eating an apple doesn't cancel out the effects of smoking. Since many of us have little choice but to sit for lengthy periods throughout the workday, it's vital that we implement solutions, such as [active sitting](#).”

The new blog post describes some of the important health benefits that can be gained from active sitting.

“It promotes the strengthening of core muscles, which in turn reduces the possibility of developing back pain,” Gryc writes. “Frequent movement causes muscle contraction. This increases blood flow, which results in better oxygenation, higher focus, and productivity”.

“Active sitting also contributes to improved posture. Our daily goal should be to have good posture at all times.”

The post goes on to explore the 6 main categories of active chairs in the marketplace, listing the pros and cons of each type. It covers tilting chairs, kneeling chairs, saddle chairs, swaying chairs, perch stools, and ball chairs.

“The purpose of this post is to introduce readers to the concept of active sitting but also to serve as a guide to help them choose the active chair that will work best in the unique environment of their home or office,” Gryc explained.

About Phil Zen Design

Phil Zen Design is an online lifestyle-and-furniture retailer headquartered in Toronto. Phil Zen Design provides products and solutions to help people who work at home find the right balance between comfort, office practicalities, healthy living, and family cohesion. Phil Zen Design was founded by Philippe Gryc in 2019 with the goal of enabling a shift in interior cultures through the recommendation of outstanding and sustainable designs crafted to enhance yet simplify daily life.

Philippe Gryc

Phil Zen Design

+1 833-888-5289

info@philzen.com

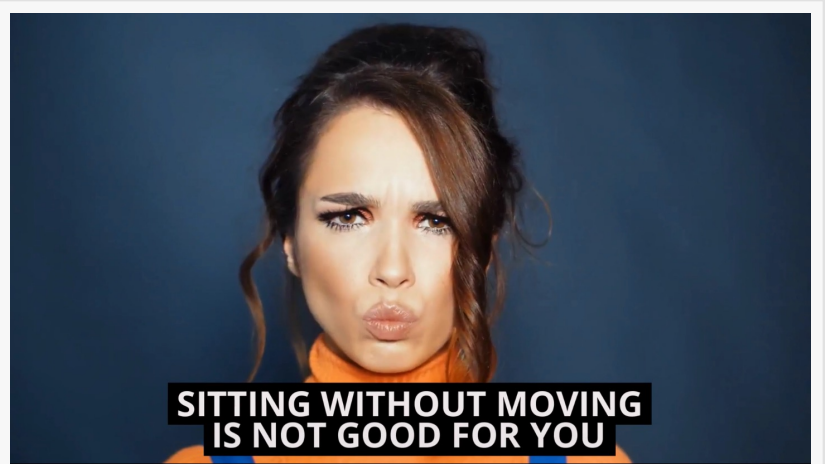
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