

Stretch Your Life Pilates

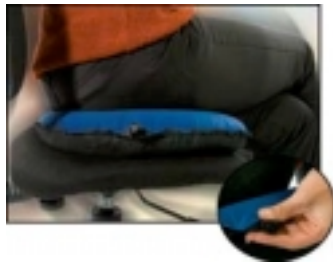
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Benefits of Active Sitting

There is an ongoing paradigm shift towards healthy living that includes exercise specifically targeting strength and balance. Using products such as the Active Sitting Disc can provide many benefits on a day-to-day basis. Some of these benefits include:

- Strengthening back and abdomen core muscles.
- Improving posture and stabilization of the spine.
- Enhancing balance and your overall relationship with gravity.
- Improving circulation to the lower extremities.



Active sitting

How to make the most out of sitting on your Active Sitting Disc.

The following are some tips:

- When you first start using the Active Sitting Disc it is important to only use it for an hour at a time and then move back to regular chair use. You need to introduce sitting on an Active Sitting Disc slowly to avoid the initial discomfort that can come with working any muscle group. By sitting on the Active Sitting Disc you will increase muscle strength and improve your posture.
- When using the Active Sitting Disc you need to ensure that it is properly inflated (knees create a slightly greater than 90 degree angle from your hips). This will promote good lumbar curvature and go a long way to increasing the strength in your core.
- Take the Active Sitting Disc on the road while you drive or fly. Designed for easy storage and self-inflating. Increase muscle strength and improve your posture while you travel for work or pleasure.



Self inflates



Easy storage



Top and side view



Ball for travelling



Fitness regime while travelling