

Advertising Section of
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Lifestyles

RENTALS [CLASSIFIEDS]

Sit pretty and healthy in your apartment

By Jill Sell

Not only are Americans spending more time at their desks and tables, but they are sitting incorrectly. Bad posture can lead to serious health problems, including back problems and disc damage. Using ergonomic furniture can help prevent these problems down the line.

The new Adaptive Living Shoppe on the Menorah Park Campus in Beachwood offers the BalanceBall Chair by Gaiam. The ergonomic chair works well in many rental spaces. It's not too big and not too heavy. Recent changes to the chair include easy-glide casters and a redesigned base.

The chiropractor-designed chair can do double duty in a smaller rental space. It can function as a desk chair and also as a tool for a body sculpting workout.

"The chairs are available in gray, green, blue, and purple. They come with exercise bands and an exercise DVD and booklet," said Gregg Gorzelle, director of the Adaptive Living Shoppe.

Studies have shown that it is easier to correct posture-related back problems when someone is young. Of course the best scenario is to prevent any problems

in the first place.

Posture in Style is a distributor of ergonomic furniture designed for children, including desks and chairs that grow with the child. The fully-adjustable furniture works for children from pre-school to high school and beyond.

According to company information, back pain affects 80 percent of Americans at some time in their lives. Children are developing some posture problems at earlier ages than ever.

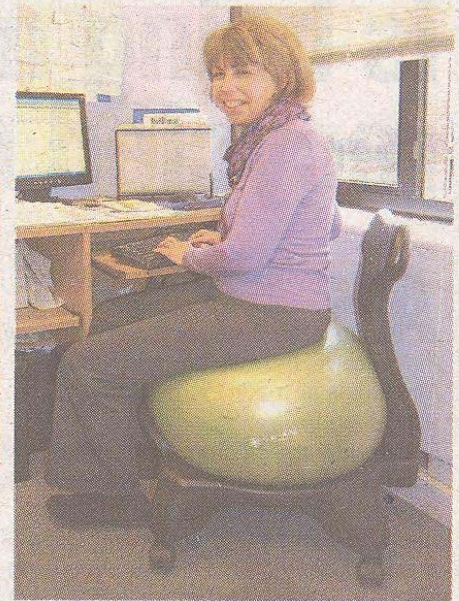
Because children's interests and tastes change, a variety of design elements are available. They include fantasy, flowers, space, and hearts and allow you to change the look of the desk over time. Removable and washable seat and back covers can also be changed and include solid colors and themes that depict soccer, safaris, dolphins, princesses, and more.

Posture in Style recommends these ideas for sitting properly:



Ergonomic furniture by Posture in Style grows with children and may prevent posture-related back problems. | Posture in Style

This ergonomic chair is available at the Adaptive Living Shoppe at the Menorah Park Center in Beachwood. | Adaptive Living Shoppe



- A tilting desktop encourages you to sit in an upright position, which is better for your back.
- The backrest on a desk chair should support the lumbar region.
- The seat depth should be correct so that the thighs do not come in contact with the front edge of the seat.

- A seat should tilt forward about two degrees.
- You should be able to lower a monitor shelf on a desk to follow the natural tilted position of your head.

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