



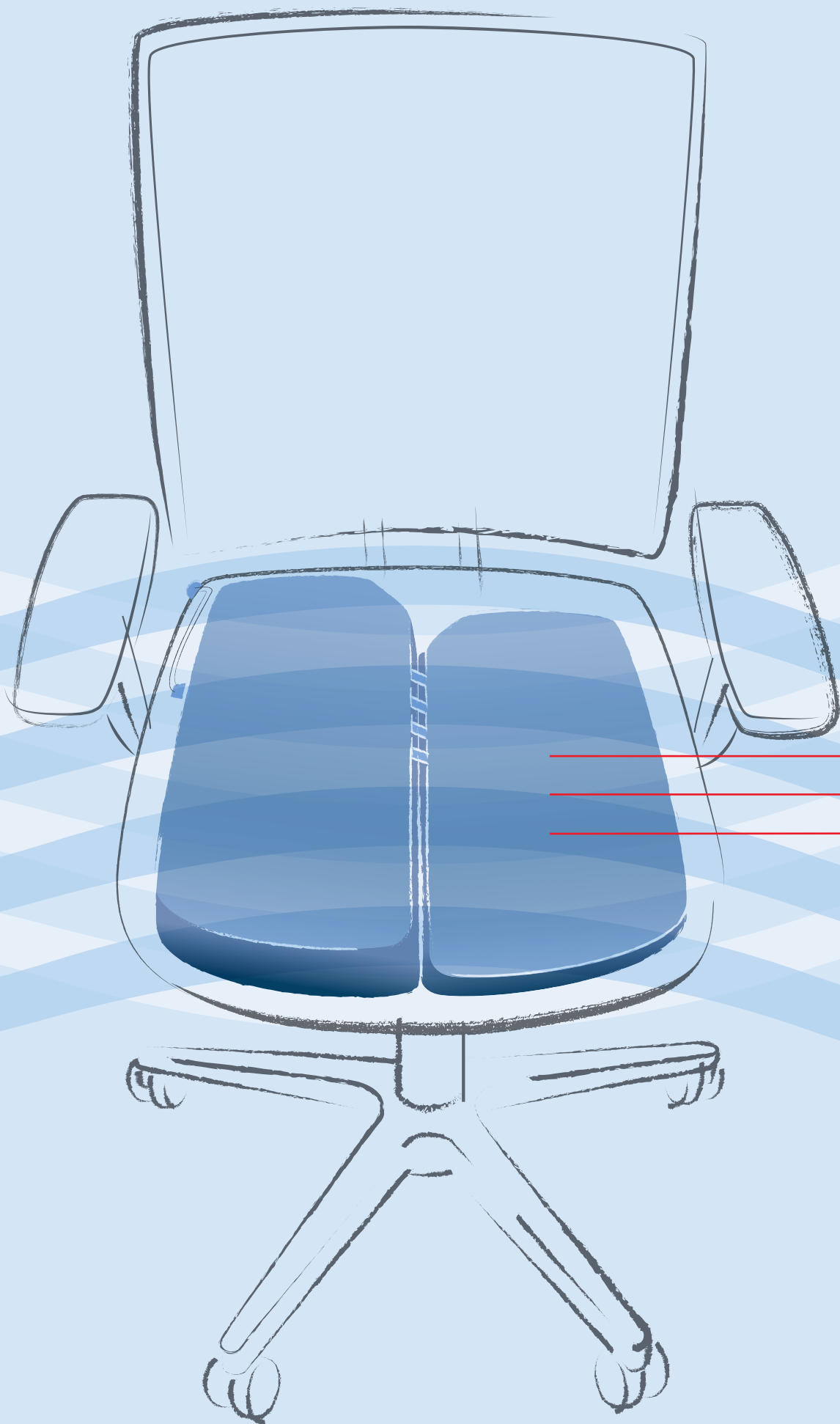
# KEEP YOUR BODY MOVING WITH THE KÖHL® AIR-SEAT



AIR-SEAT



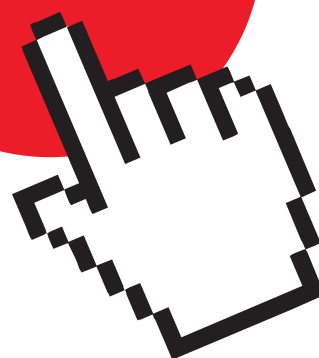
AIR-SEAT-MOVIE



# BODY CONDITIONING IN MOTION THE NEW SITTING EXPERIENCE

WITH THE  
KÖHL®

AIR-SEAT



An adjustable  
2-chamber air-cushion  
integrated in the seat  
promotes free movement  
while sitting.

Trains and tones  
the back muscles,  
supplies your discs with  
nutrients and promotes  
blood circulation.

Medically approved!  
Strengthens your body,  
improves health  
and performance and  
prevents back pain.



# CORRECT SITTING MEANS **FLEXIBLE MOVEMENT**



## **DYNAMIC SITTING IS MORE THEN A TREND**

Ergonomics experts and orthopedists advise that immobile sitting for many hours can cause muscle tensions, neck pain and back problems. Some office chairs are often not sufficiently ergonomically equipped and lead to wrong sitting postures.

To prevent this, it is important to exercise the back muscles regularly. In the office, this means that the sitting position should be changed frequently – comparable to the active sitting on a exercise ball.



## **BODY RESPONSIVE MOVEMENT IN DAILY SITTING**

To bring more free movement into everyday sitting, KOEHL developed the KÖHL® AIR-SEAT with an integrated 2-chamber air cushion which is individually adjustable to your personal requirements.

The KÖHL® AIR-SEAT stimulates multidimensional micro-movements and trains by frequent changes the low-lying back muscles. Balancing on the KÖHL® AIR-SEAT by gentle lateral pelvic movements, activates the muscles and optimizes the sitting posture. It prevents excessive swinging in all directions by providing a secure grip in all directions of movement.

Thanks to the user-friendly comfort valve, the individual pressure regulation of the KÖHL® AIR-SEAT is adjustable to personal requirements by simply pressing the button.



### GOOD FOR HEALTH AND PERFORMANCE

The KÖHL® AIR-SEAT promotes health, well-being and good performance of daily work through regular and automatic natural change of the sitting posture.

The KÖHL® AIR-SEAT

- promotes dynamic sitting
- adjusts to changing sitting posture
- trains, conditions and stimulates the back muscles
- supplies the intervertebral discs with nutrients
- promotes blood circulation and oxygen supply
- improves concentration and performance
- prevents back pain



# YOUR FITNESS PARTNER

## KEEPS YOU IN MOTION

GENTLE EXERCISE  
FOR YOUR  
DAILY SITTING.

### THE KÖHL® AIR-SEAT IMPROVES TO BETTER HEALTH & WELL-BEING BY SIMPLE AND FLEXIBLE MOVEMENTS

The KÖHL® AIR-SEAT is available for the KOEHL office chair ranges SELLEO®, ANTEO® and AUREO®. Thanks to the Quick clip-tool free system, even an existing standard seat cushion can easily be replaced.

This allows, that the office chair can be easily adapted to an active, dynamic sitting, so that well-being, a higher performance and health are encouraged.



▼  
**ANTEO®**



▼  
**AUREO®**



▼  
**SELLEO®**

# THE IGR RECOMMENDS

## THE KOEHL OFFICE CHAIR

### WITH AIR- SEAT CUSHION



*Wir machen mit!*

#### THE IGR RECOMMENDS THE KOEHL OFFICE CHAIR WITH AIR-SEAT CUSHION

The German National Association of Back Specialists called IGR, work according to the slogan "We strengthen your back". The members are physiotherapists, physical education teachers, occupational health professionals and organizations which are interested in the subject of a healthy back. They have recognized the unique benefits of the KÖHL® AIR-SEAT and recommend this system to anyone who sits daily and for long periods.

The IGR supports and advises on all matters relating to a healthy back. The federal office is located in Nuremberg. The IGR is supported by the German Federal Government Ministry of Labour and Social Affairs.

For many years, KÖHL is cooperating with the expert knowledge of physiotherapists and health professionals of the IGR, in particular on the prevention issue "Dynamic Sitting". This knowledge influenced the new sitting development.

The result, KÖHL is now a professional partner of the Association IGR for the initiative "Healthy at Work" which advises nationally the importance of the prevention concepts.

#### HEALTHY WORK IS ESSENTIAL FOR YOUR COMPANY

Be attentive to your most valuable assets: Your employees – by improving health & well-being of your employees at work.

The initiative „Healthy at work“ demonstrates your commitment to your employees. Proper attention to workers health has extensive benefits. This leads to health-conscious thinking, healthy activity, healthy work and healthy life.



**KÖHL® AIR-SEAT RECOMMENDED BY IGR**





## Kurzgutachten über den KÖHL Air-Seat

Voraussetzung für die von unserem Verband geprüften Produkte sind die im Vorfeld durchgeführten Material- und Ökologieprüfungen von anerkannten Prüfstellen. Zur Prüfung des KÖHL Air-Seat lagen uns die relevanten Zertifikate vor.

Das KÖHL Air-Seat Konzept ermöglicht durch ein eingebautes 2-Kammern-Luftkissen mehrdimensionale Bewegungen im Sitzen. Muskuläre Simulationen und eine bessere Versorgung der Bandscheiben mit Nährstoffen sind die unmittelbare Folge. Insbesondere die tiefer liegende Rückenmuskulatur, welche die Wirbelsäule stabilisiert, wird durch die Mikrobewegungen gezielt angesprochen und trainiert. Dabei bleiben die am Stuhl angebrachten Armlehnen von der Bewegung ausgenommen und bieten dem Nutzer weiterhin eine klare Orientierung.

Neu in diesem Zusammenhang ist das durchdachte Ein- bzw. Verstellprinzip, welches im Sitzen beiläufig werden kann. Mit Hilfe eines Ventils kann jeder Nutzer die Luftmenge im Sitzkissen variieren. Dies ermöglicht sowohl eine individuelle Anpassung nach Körpergewicht als auch nach Empfinden des Nutzers. Selbst eine vollkommene Deaktivierung der mehrdimensionalen Bewegungen ist möglich. Die Ventile können mittels intelligentem Clip-Stop System bereits im Markt befindliche KÖHL Möbel einfach umgebaut bzw. nachgerüstet werden.

Aus Sicht der Interessengemeinschaft der Rückenschullehrerinnen e.V. ist der KÖHL Air-Seat als ergonomisches Sitzkonzept in Betrieben rundum zu empfehlen.

Nürnberg, 08.09.2014

*Christiane Brunner*

Christiane Brunner

1. Vorsitzende

Interessengemeinschaft der Rückenschullehrerinnen e.V.

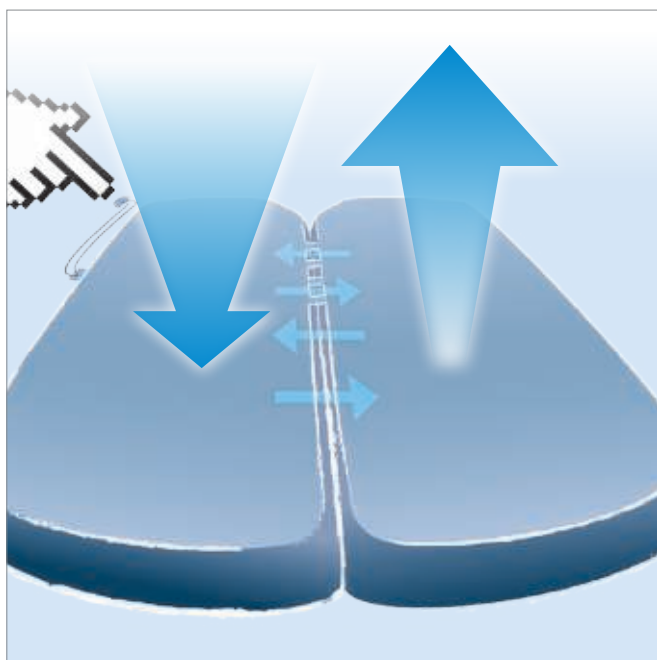
## AIR-SEAT DETAILS



The KÖHL® AIR-SEAT is directly integrated in the seat cushion and is available for the KOEHL office chair ranges ANTEO®, AUREO® and SELLEO®. Thanks to the Quick clip-tool free system, even an existing standard seat cushion can easily be replaced.



In addition to the synchronised mechanism, the KÖHL® AIR-SEAT provides an ideal opportunity for dynamic sitting. Depending on the individual need, the mobility of the KÖHL® AIR-SEAT cushion can be adjusted by changing the air volume.



The adjustment of the air volume is regulated by a self inflating 2-chamber air cushion via a comfort valve. The air volume and the degree of movement can be adjusted individually by pressing the „AIR-SEAT“-button. (Air cushion is tested up to 200 kg)



The KÖHL® AIR-SEAT is designed to provide secure grip in all directions of movement. An intelligent system, in which the armrests maintain a horizontal position to give the user stability and comfort any time.



FOR MORE  
**FREEDOM OF MOVEMENT**  
IN THE OFFICE





Try the AIR-SEAT for yourself.

Do you want to get to know the KÖHL® AIR-SEAT?  
Please contact us by telephone, by mail or come to visit us.

[www.air-seating.com](http://www.air-seating.com)

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