Dynamic sitting on Bioswing chair increase chair sway and can induce increased trunk muscle activity during office tasks and task-transitions

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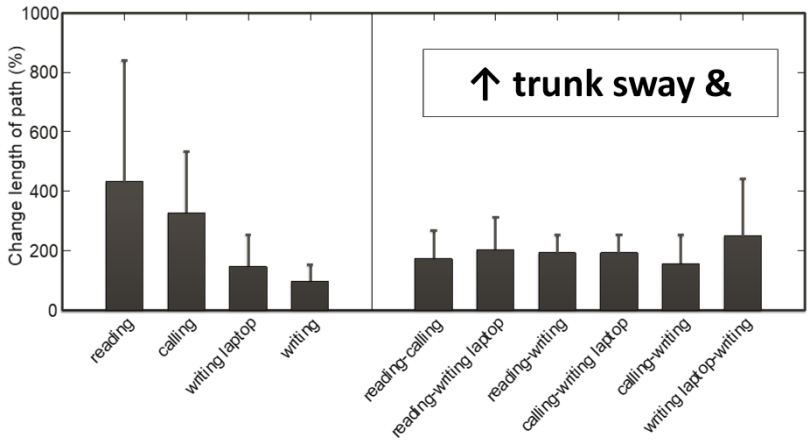
Children & Adults:
a normal school day: ⅔ of class time spent sitting
a normal working day:½ of the day spent sitting

Physical Inactivity / Sedentarism

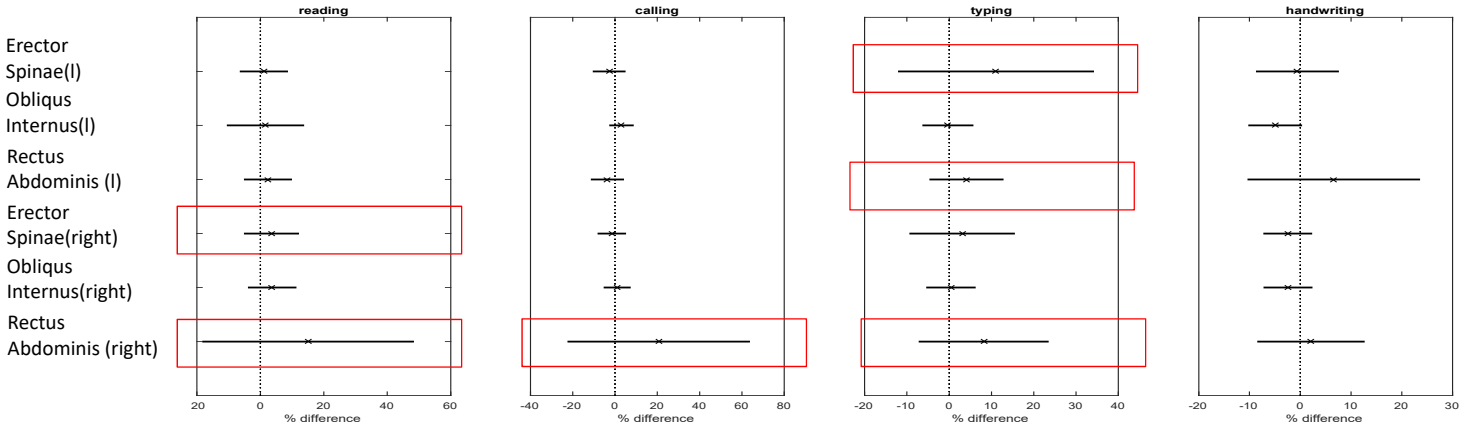
- biggest public health problem of the 21st century
- Independent cardiovascular risk factor
- higher risk of back pain, stroke, diabetes, etc.

Bioswing Chair

- Cross-sectional crossover trial / n= 28 / noung healthy, non-obese adults / 22 – 28 years of age / **dynamic vs. Static sitting**



Slight ↑ trunk muscle activity



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