The Design and Use of Healthy Seating

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Research output Book/Report › Book

Abstract
This book examines the relationship between sitting posture and seating design and the health of the low back. It is written by physiotherapists for people who sit for leisure or in the office, for people who design seating and for health professionals involved in the treatment of clients with back pain. Current and past scientific literature regarding sitting posture and seating design is clarified and distilled into a readily accessible format, with regular summaries. The reported research demonstrates that some popular leisure seat designs encourage poor sitting postures leading to low back pain, the onset of which may not occur until the following day. The book makes recommendations for enhancement of seating design, education and use in, and beyond, the office.

Fingerprint
Dive into the research topics of 'The Design and Use of Healthy Seating'. Together they form a unique fingerprint.

Cite this
Eating healthy means meeting your body’s need for essential nutrients. It’s as simple as that, and there are plenty of ways to achieve it. There is no such thing as a predetermined healthy diet, because there are many different ways for you to obtain the main goal of switching to this eating plan, which is to make sure your body gets all the important micro and macro elements it needs on a daily basis. There is more to healthy eating than simply stocking up your fridge with “good” foods. If you want to succeed in changing your diet, you will need to develop a new philosophy of food and completely change your outlook on meals. Here are a few healthy eating tips that should help you achieve this goal: Be the one in control. Start eating well with these 8 tips for healthy eating, which cover the basics of a healthy diet and good nutrition. If you eat or drink more than your body needs, you’ll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you’ll lose weight. You should also eat a wide range of foods to make sure you’re getting a balanced diet and your body is receiving all the nutrients it needs. It’s recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules). Most adults in the UK are eating more calories than they need and should eat fewer calories. 1. Base your meals on high energy foods. 2. Find solutions to correct the adverse health effects caused by sitting for long hours by replacing the regular chair with any of these healthy seating alternatives. By now, almost everyone must have heard the health risks associated with prolonged sitting. Sitting for long hours on a chair spells out a sedentary lifestyle which can increase the risk for all types of cancer. It also significantly contributes to obesity and leads to posture defects, among others. This is especially true when you have a nine-to-five job. Conventional offices and furniture are designed in such a way that employees