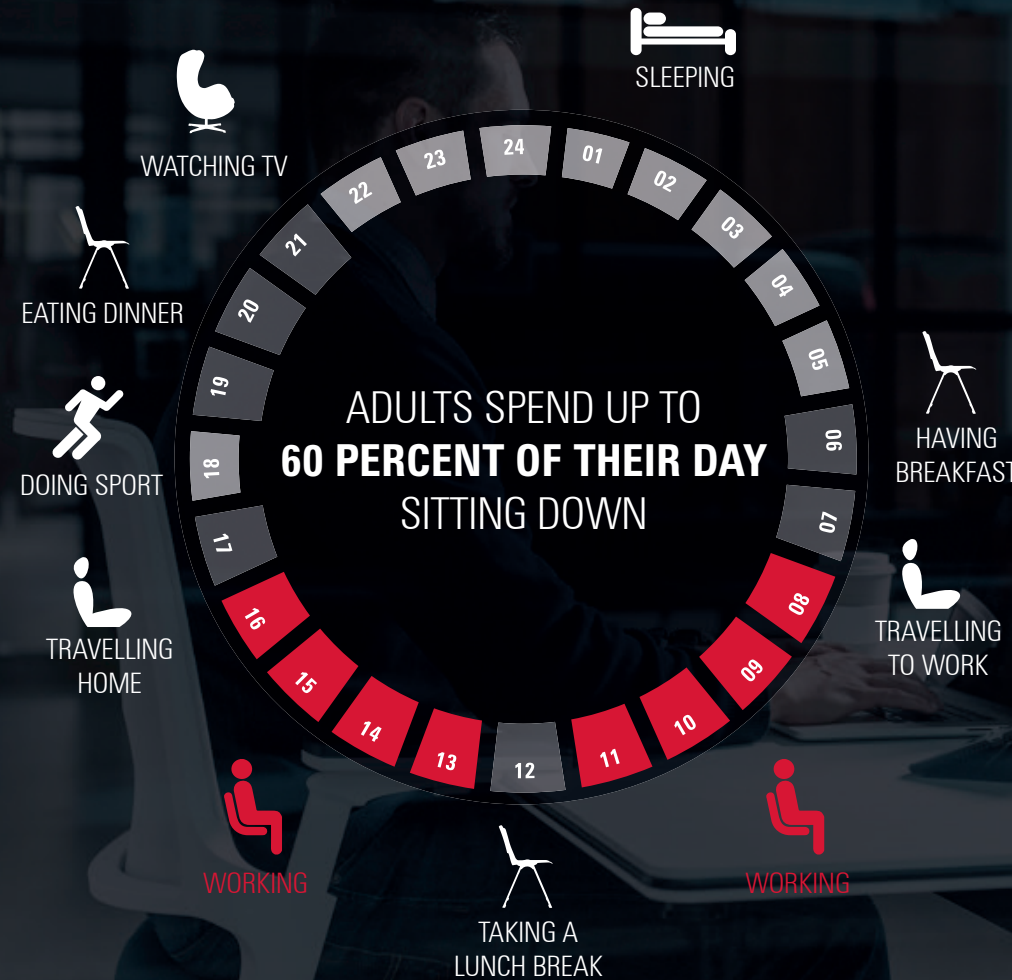


# WE THINK ONE STEP AHEAD: MYINTERSTUHL

MYINTERSTUHL gives you access to all the latest content on the topics of health, lifestyle, new work and sitting performance.

## #YOUR CHALLENGE

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**S4.0**  
ACTIVE SITTING  
SOLUTION



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1WIG\_PRO02\_JAEN



## THE CHALLENGE: SEDENTARY LIFESTYLE

Employees spend the majority of their working day sitting down – often in a rigid sitting posture and on an incorrectly set-up swivel chair. The resulting lack of movement, combined with a lack of ergonomic posture, is the main problem facing people in the modern world of work. People are simply not moving enough - both at work and outside work. This sedentary lifestyle has led many users to ask: If they are spending so much time sitting down, how do they make sure that they adopting an ergonomically correct posture and how can they make sure that they move more?

## INTERSTUHL HAS THE SOLUTION: S 4.0

With S 4.0, Interstuhl has found the answer to these questions. As a seat specialist, we want to not only address developments in the workplace such as the sedentary lifestyle, but also to offer our customers specific solutions to these issues. That is why we have developed S 4.0 for you and your daily challenges.

## S 4.0: THE IDEA BEHIND IT

S 4.0 is the Active Sitting Solution from Interstuhl, developed in cooperation with Garmin. S 4.0 brings movement to the workplace: The application offers feedback on the user's personal sitting habits, easy office workouts and regular reminders for the user to adjust their posture. In this way, S 4.0 makes sitting more active and more balanced.

## ALL THE BENEFITS AT A GLANCE:

- ✓ Analysis of sitting habits
- ✓ Feedback on individual sitting habits
- ✓ Reminders to adjust posture regularly for balance
- ✓ Daily suggestion for an easy office workout
- ✓ Guidance on how to adjust the swivel chair for an ergonomically correct posture
- ✓ Personal development through daily comparison and review of sitting history
- ✓ Motivation to continually improve sitting habits

FOR PERMANENTLY MORE ACTIVE AND BALANCED SITTING

## THE TECHNOLOGY BEHIND IT

Individual sitting habits can be tracked by means of sensor calibration. For this purpose, the sensor attached to the chair sends signals to a connected computer, which receives the signals using an ANT+ Stick. What's more, the sensor can be connected to a compatible Garmin wearable device.

## ALREADY HAVE A SWIVEL CHAIR? NO PROBLEM.

S 4.0 can be used with any swivel chair that has a synchronous mechanism, so the Active Sitting Solution can also be retrofitted on existing swivel chairs. **This means that you can also use S 4.0 in combination with other brands.**

## GARMIN: A STRONG PARTNER

With Garmin, a market leader in the industry, Interstuhl has found a partner who not only has the necessary hardware expertise, but also brings an understanding of how to create an innovative and health-conscious product to the partnership.

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