# How to choose a homeworking chair

Find the perfect chair for your home set-up with our handy guide

## Choose a chair with adjustment options

1. **Seat height**
   - To change the height of your chair so your upper arms are relaxed by your body and forearms horizontal.

2. **Back height**
   - To align the contours of the chair back with the curve of your spine.

3. **Back angle**
   - To achieve a comfortable, supported position.

Other useful adjustments include:

- **Armrests**
  - While not mandatory, armrests can offer additional comfort and support.

- **Headrest**
  - Adds additional support when you lean back to rest or take calls - good for tall people.

## Good working posture

- **Head in a neutral upright position** - not hanging forward
- **Sit against the chair back** for good support
- **Feet flat on floor** - use footrest if not
- **Adjust armrests** so forearms can be adjacent to desk, relaxed by side
- **Make sure the backrest shape fits your curves**
- **Adjust seat depth** so there is a little space behind the knees

## Find the style that works with your body and surroundings

- **Low back**
  - For those with a shorter back
- **Medium back**
  - Good all-rounder for all heights
- **High back**
  - Best for tall people and provides complete back support
- **Mesh back**
  - A stylish and modern look that improves airflow

## Consider a chair that promotes movement

When you're working from home, it's easy to become sedentary. In the office you might be climbing stairs, walking to speak to colleagues in other departments, getting up to use the facilities or doing a tea round. At home everything is close by - unless we make an effort to stay active, our step counts naturally decreases.

It's not just movement in general we need to consider but also controlled movement of all our joints that affects our health and the way we feel. This is why you may want to think about a homeworking chair with a movement mechanism, such as those in Flokk's HÅG collection.

### Natural movement all day

- **Seat slide**
  - To move the seat back or forwards to support your thighs without pressure behind your knees.
- **Movement mechanism**
  - Infinitely adjustable seat angle - lock in place, or unlock to enjoy natural movement for active sitting.

### Benefits of active sitting chairs:

- **Floor**
- **Bed**
- **Armchairs**

### What next?

You can browse our entire collection of home office chairs here:

[posturite.co.uk/home-office](http://posturite.co.uk/home-office)

Remember, we're always here to help.

You can chat, message, or phone us throughout the day here:

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Even if you choose a chair with a movement mechanism, make sure you get up every 20-30 minutes for a brisk walk or stretch.

## Consider a chair with a movement mechanism

A chair that promotes movement is beneficial for those with a busy lifestyle, helping them stay active. But even if you choose a chair without a movement mechanism, an active sitting position is still useful.

### Active sitting stools give you an option to change up your sitting or standing posture for short stints.

For long periods of sitting, it's advisable to use an ergonomic chair with a supportive back.

### Activate your muscles

Stimulate blood-flow

Keep you feeling fresh and active without having to think about it

### Help support your body in your different working positions

Allow natural, intuitive movement

### Activate your muscles

Stimulate blood-flow

Keep you feeling fresh and active without even having to think about it

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