

NEWSLETTER

Are you sitting comfortably?

Are You Sitting Comfortably?

Sitting Through the Ages

Over the years chair design has been through many developments. The act of sitting on specifically designed chairs was first recorded in ancient Egypt. At this time seat design helped maintain an upright posture to convey power and meet work requirements. The Greeks wished to convey a relaxed posture as this was thought to convey status and seat design reflected this. In the English Victorian era, etiquette and self-discipline became important and seating took on a static right angle aesthetic to promote an erect posture. In the 1950s a relaxed, round backed posture was once again in vogue as it was thought to present self-confidence, and again seating was designed to reflect this.

The Right Way to Sit!

After reviewing the current research in detail, the team at Wellwest support the idea that a healthy sitting posture is predominantly upright, incorporating frequent movements and breaks. Numerous studies demonstrate that sustained sitting in any one position will produce potentially negative effects on spinal health and increase the risk of developing a blood clot, so breaks every 30 minutes are important.



A healthy sitting posture occurs when the body weight is evenly distributed on the seat, causing the least amount of musculoskeletal overstrain. A chair should be of sufficient height to allow both feet to be placed on the floor to help alleviate pressure on the spine. Backrests and armrests can also relieve spinal pressure but they should not be used continuously.

A desk and computer screen should be at a height, which allows the body to maintain its upright neutral positioning. The computer mouse should be sufficiently close to prevent overreaching forwards. Incorporating this information into your sitting posture could substantially reduce the risk of back problems in the future.

Feel free to [Contact us](#) if you have any further questions.



SMELLS GREAT

Aromatherapy is not a discovery of the twentieth century, the medicinal properties of specific herbs were known and utilised by the Egyptian, Greek and Roman civilisations.

At Wellwest we now offer a full range of 100% pure essential oils which can help alleviate a range of conditions, including; insomnia, headaches, infections, muscular aches and anxiety.

In addition, we also have available an excellent specially formulated anti-inflammatory cream, with a great peppermint aroma. The "Real Deal Hurt Crème" naturally reduces muscle pain and inflammation using 8 organic herb extracts and 2 essential oils in an emulsified base of sunflower and olive oil, avoiding the use of potentially harmful petroleum-based products.

