

ergoErgo

HOW TO SIT

Congratulations on your new ErgoErgo!

Our bodies were made to move. The patented ErgoErgo lets you sit as nature intended, engaging your core muscles, keeping your spine supple, improving your circulation, and freeing your breath.

Here are some guidelines so you can enjoy the benefits of dynamic sitting.

- Sit down gently. You may want to hold lightly on to a table edge until you feel steady.
- Keep both feet planted on the ground.
- Rest your weight on your pelvis, legs and feet.
- Tilting your pelvis forward slightly gives you the broadest base of support and makes the spine feel taller.
- Relax and breathe!
- Enjoy the freedom of rocking slightly -- forward and backward, from side to side.
- Start slowly, sitting on ErgoErgo for a short time each day, slowly increasing the time as you increase your core strength.

