

PRESS RELEASE

Garmin and Interstuhl digitalise the office chair for healthier sitting in the workplace

With the S 4.0 seat sensor, Interstuhl – as a leading manufacturer of office chairs – in cooperation with the technology experts Garmin, is extending its range of products which promote movement. In line with Garmin's concept of an active lifestyle, the integrated sensor determines the body's important vital signs, provides conclusions on optimum sitting behaviour and increases movement in day-to-day work.

Munich, 12th December 2017 – A lack of movement at work and during leisure time has major consequences for our health. To combat this sedentary lifestyle and reduce the harmful effects on our health, Interstuhl and Garmin have developed a seat sensor. Using tips and exercises for correct sitting behaviour, the S 4.0 encourages us to be more aware of our bodies and ensures more movement in daily working life.

S 4.0 Active Sitting Solution from Garmin and Interstuhl

- Sensor is easy to fix in place and install
- Suitable for swivel chairs with a synchronous mechanism (i.e. the tilt of the backrest is connected to the tilt of the seating surface) from Interstuhl and from all other manufacturers.
- Sensor sends data via ANT to a PC or compatible Garmin watch (including fenix 5 series, vivoactive 3)
- Individual sitting behaviour is analysed via the S 4.0 app
- User receives tips on ergonomic posture, pop-up notifications informing them to change their sitting position and distribution of weight, as well as daily workout suggestions
- Can be used on Windows 7 and Mac 10.10 or later versions; no mobile device required
- Battery life of six months

On average, adults spend up to 60 percent of their day sitting down. As a consequence of a lack of movement and not sitting in an ergonomic posture, this sedentary lifestyle can lead to health impairments which results in a drop in performance and motivation at work. In collaboration with Garmin, Interstuhl has developed the S 4.0 seat sensor which helps professionals to optimise their sitting posture in the office and to be more active in their daily life by doing simple exercises.

Active lifestyle in the office

"Right from the start, it was the opportunity to integrate our concept of an active lifestyle even more into daily working life that excited us about collaborating with the seat specialists Interstuhl. We have definitely found a trustworthy partner in Interstuhl and together we can make a difference to the area of health in many respects," says Jörn Watzke, Director Global B2B Sales at Garmin.

Helmut Link, Managing Director and Owner at Interstuhl, adds: "New working worlds and the challenges of the digital revolution made the decision to develop a



With the S 4.0 seat sensor, Garmin and Interstuhl are bringing more movement into everyday office life.



Compatible Garmin watches, such as those in the fenix 5 series, can be easily linked to the sensor.



The S 4.0 sensor is as small as a coin and provides important information about an individual's sitting behaviour.

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product, together with Garmin, that offers our customers real added value an easy one. A sedentary lifestyle leaves many customers asking: 'How do I make sure that I am sitting correctly, and above all, with a good posture?' Through the partnership with Garmin, and with the S 4.0, we can now answer this question."

Digital office chair

The coin-sized S 4.0 seat sensor is easy to fix in place under the seating surface of an office chair and transmits signals using ANT to the office computer or a compatible Garmin watch. The basis for recording and evaluating the data is free computer software and an app which can be downloaded from Garmin via the Connect IQ store. Based on their individually determined sitting behaviour, the user is given advice on changing position regularly, quick and easy workout exercises for the office and tips on how to adjust their swivel chair to an ergonomically correct position. If, for example, the number of times the sitting position is changed falls below a specific daily value, pop-up notifications appear which prompt the user to do a few small exercises or move more.

For further information, go to www.garmin.de and www.interstuhl.com

You will find further information and high-resolution images at <http://www.garmin.de/presse/>



Garmin on Youtube: www.youtube.com/GarminD



Garmin on Facebook: <https://www.facebook.com/GarminD>



Garmin on Twitter: www.twitter.com/GarminDach



Garmin on Google+: www.google.com/+GarminD



Garmin online magazine: www.beatyesterday.org



Official Garmin blog: www.gps.de

About Garmin

Garmin has been developing mobile products for pilots, sailors, motorists, golf players, runners, cyclists, mountain climbers, swimmers and many other active people for over 25 years. From automotive to fitness and outdoor, through to marine and aviation, since it was founded in 1989, Garmin has sold more than 175 million products. It currently has over 11,500 employees worldwide in 50 offices who work strictly in accordance with the motto #BeatYesterday to help their customers to live a healthier life, move more, feel better and discover something new. Garmin stands out from the competition through constant diversification, which has led to the successful establishment of fitness and health trackers, smartwatches, golf and running watches. With its head office in Schaffhausen (CH), the company is represented in the DACH [Germany, Austria and Switzerland] region with sites in Garching bei München (D), Graz (A) and Neuhausen am Rheinfall (CH) as well as Würzburg (D) which is home to the company's own research and development site. Vertical integration is a key success principle: To the greatest extent possible, we keep development – from the design right through to the finished product and sales in-house. As a result, Garmin ensures the very highest quality and design standards and motivates its customers to do something new every day.



The sensor is very easy to fix in place on an office chair.

Company contact Garmin:

Garmin Würzburg GmbH
Beethovenstraße 1a+b
97080 Würzburg, Germany

Janina Hottinger (Marketing Manager)
Tel.: +49 (0) 931-3573-2414
E-mail: janina.hottinger@garmin.com

Company contact Interstuhl :

Interstuhl Büromöbel GmbH & Co. KG
Brühlstraße 21
72469 Messstetten-Tieringen, Germany

Carola Burrell (Marketing Manager)
Tel.: +49 (0) 7436-871-7339
E-mail: C.Burrell@interstuhl.de

Press contact Interstuhl agency:

Ruess Public B GmbH
Lindenspürstraße 22
70176 Stuttgart, Germany

Rainer Häupl
Tel.: +49 (0) 711-16446-62
E-mail: rainer.haeupl@ruess-group.com

