

RELEASE: Continental Office Environments Unveils Herman Miller's Newest Product Introduction: Embody

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**Continental Office Environments
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Columbus, Ohio 43211**

Special Guest: Don Goeman, EVP Herman Miller Research, Design and Development

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Continental Office Environments is excited to introduce Herman Miller's next groundbreaking innovation in work chairs to the Columbus market: the Embody chair, designed by internationally renowned designers Jeff Weber and the late Bill Stumpf.

Over the last 30 years, each of Herman Miller's seating products has built the foundation of research and knowledge for the next. Embody once again reinvents the reference point for ergonomics by providing a chair designed to actually enhance your health.

Embody recognizes that almost all knowledge-based, creative work processes have become tethered to the electronic realm. We are bound to our computers for longer periods of time throughout the day. This has contributed to more unhealthy working conditions, because prolonged sitting is bad for you. Chairs hinder movement, yet movement is critical to physical health and mental performance. Extended sitting also stresses tissues and muscles, pressures the spine, and restricts blood flow. The results are physical and mental fatigue, discomfort, distraction, and even costly injury.

"Embody is a health-positive seating experience," says Weber, "because it enhances both your intake of oxygen and the cellular exchange of oxygen and carbon dioxide, improving your health, and ultimately fueling your brain." A set of important innovations makes this possible.

- **Instinctive back:** Inspired by the human spine, Embody's back adapts to your unique spinal curvature. It lets you move freely and naturally to improve blood flow and eliminate discomfort and distraction. The back is narrow, allowing your arms to move back and forth naturally. This opens up the chest cavity, letting your lungs take in more air and send more oxygen to the brain.
- **Pixelated seat:** When you move, the seat moves with you. Using a matrix of pixels, the seat's unique, three layered construction of materials and technology conforms to micro-movements and distributes weight evenly.
- **Zoned Support:** The chair removes stresses on your body at every contact point, accommodating a diverse population. Reduced pressure improves circulation and facilitates the exchange of oxygen and carbon dioxide within cells. You stay mentally fresh and comfortable.
- **Working Recline:** Embody's unique tilt mechanism encourages working recline, the most healthful working position. The chair automatically stabilizes your pelvis in the seat pocket in every position and supports your thoracic back while correctly aligning your eyes with the computer screen. With no uncomfortable and distracting physical constraints on the body, the mind is freed to focus on ideas and the tasks at hand.
- **Inclusive Sizing:** Embody accommodates nearly everyone's abilities, dimensions, and preferences within one chair size. The seat surface length can expand or contract to reduce pressure on the thighs without disrupting the user's fully-engaged position in the

seat pocket. The seat width accommodates the greatest population of hip-breadth dimension. The chair's arms adjust in height and width to support a full range of work activities and postures.

Embody's form is defined by these health-positive features. The technology of the chair is not hidden. Instead, it's a purposeful part of the aesthetic, giving the chair its intriguing look--a "visual feast," said Stumpf.

Like all Herman Miller products, Embody's design is based in extensive research, including studies of biomechanics, seating behaviors and postures, anthropometric data, metabolic measures, and tissue perfusion (the exchange of oxygen and carbon dioxide in body tissue).

Research also confirms Embody's health-positive advantage. For example, research shows that Embody does better than any chair at maintaining oxygen levels in tissue, allowing people to stay focused and engaged. Research also demonstrates that the Embody backrest provides greater support to users' backs compared to other chairs.

Embody supports Herman Miller's commitment to the environment as well, helping Herman Miller reach its environmental sustainability goals of zero landfill, zero hazardous waste generation, and zero VOC emissions by 2020. Embody is MBDC Silver certified and GREENGUARD certified. It has 45 percent recycled content, is 95 percent recyclable, and is PVC-free.

Come to Continental Office Environments to experience the new Embody chair from Herman Miller!