



presents

**ARE YOU SITTING
COMFORTABLY?**



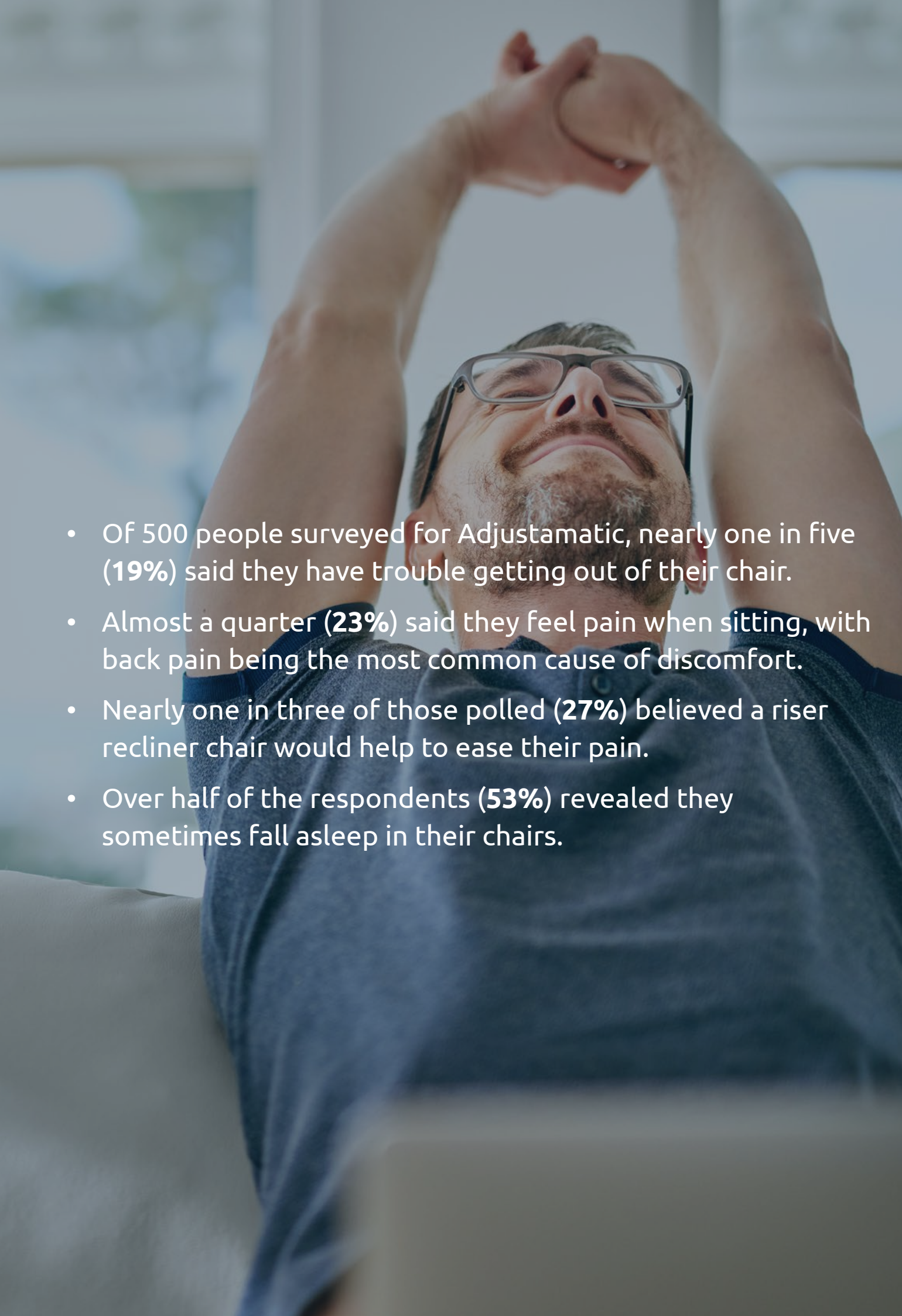


INTRODUCTION

We spend a lot of time sitting down. In fact, adults in the UK are estimated to sit for an average of more than nine hours a day. And if you have a medical condition that restricts your mobility, you might find you spend even longer in your chair. This means that the quality of your seating can have a big impact on your health.

One type of chair that's well known for promoting wellbeing is the riser recliner. So, what is it that's so special about them - and what should you look for if you're buying one?

In this eBook, you will learn about the health benefits of riser recliner chairs, important features to look for in a riser recliner and tips for staying healthy while sedentary. You'll also discover inspiration for and advice on fun and interesting hobbies to enjoy while relaxing in your chair. In addition, we will share insights on people's problems, preferences and habits when it comes to seating.



- Of 500 people surveyed for Adjustamatic, nearly one in five (**19%**) said they have trouble getting out of their chair.
- Almost a quarter (**23%**) said they feel pain when sitting, with back pain being the most common cause of discomfort.
- Nearly one in three of those polled (**27%**) believed a riser recliner chair would help to ease their pain.
- Over half of the respondents (**53%**) revealed they sometimes fall asleep in their chairs.

HEALTH

The basics

Designed to promote independence, riser recliners do exactly what their name suggests. Press a button and the seat slowly rises up to help ease you into a standing position. If you want, you can use the same process in reverse to gently lower yourself into a comfortable sitting position.

Once seated, use the controls to bring the footrest up and/or to lower the back of the chair until you're reclined at a suitable angle. Because they're so versatile, these chairs can be ideal for a wide range of activities, from watching TV and reading to sleeping.

Health benefits

A riser recliner might be ideal for you if you have any of the following medical conditions:

Restricted mobility: If you have restricted mobility because of a stroke, multiple sclerosis, muscular dystrophy, cerebral palsy or another health issue, these chairs can give you the extra support and confidence you need to switch from a sitting to a standing position - and vice versa - safely. In turn, this can boost your independence and make your day to day life less stressful. They also allow you to change your position at the click of a button once you're seated. This can be especially important if you spend a lot of time sitting down. As well as enabling you to change your posture to suit different activities, riser recliners reduce the risk of developing pressure sores and associated problems.

Chronic pain: Whether you have arthritis, back pain, hip pain, sciatica or another condition that causes you chronic discomfort, the features of a riser recliner chair will benefit you. For example, you won't have to strain your muscles and joints to stand, sit or change position. Also, riser recliners can feature built-in massage therapy systems that help to relieve and alleviate pain. Adjustamatic chairs are available with NHC Cyclo-Therapy, a special class 2a medical system proven to ease muscle and joint pain.

Circulation problems: From oedema to varicose veins, riser recliners can ease the symptoms of a range of health conditions associated with poor circulation. By raising the foot rest, you can elevate your legs while you relax. This will help to lessen any discomfort and reduce swelling. Also, NHC's unique massage therapy system helps to stimulate blood flow by improving circulation.

Injury: Riser recliners can be a big help if you're recovering from an injury such as a broken leg, hip or pelvis. By easing you into and out of a sitting position, they reduce the risk of further injury. Also, if you've been advised to sleep in your chair until your injury heals, they allow you to recline into a position that's comfortable to rest in overnight.

Supporting good posture and relaxation

Even if you don't have a health issue, getting a riser recliner could still be worth your while. Supportive and spacious, they help to promote good posture, which can reduce your risk of developing muscle and joint pains. Also, choosing a model with a built-in massage function could help you keep your stress and anxiety levels in check.





Important features

Not all riser recliners are created equal. To help you find the model for you, here are some important features to look out for.



Easy to operate

The whole point of riser recliners is that they're extremely easy to use, so make sure that the one you choose has simple and effective controls. Ideally, you should be able to move from a sitting to a standing position (and vice versa) at the press of a button. Also, the action should be smooth and controlled.

Backup battery

If the power suddenly goes out in your home, you don't want to be left stranded in your seat, so look out for a model with an emergency backup battery.

A suitable size

To offer maximum comfort and support, your chair will need to be the perfect size. Ideally, you should be able to sit with your feet flat on the floor and your bottom at the back of the seat. Also, the chair should be wide enough to comfortably accommodate you, but not so wide that you lack sideways support. If you can, it's a good idea to try a chair out before you buy it. This is the best way to tell if it's the right fit for you.

Impressive support

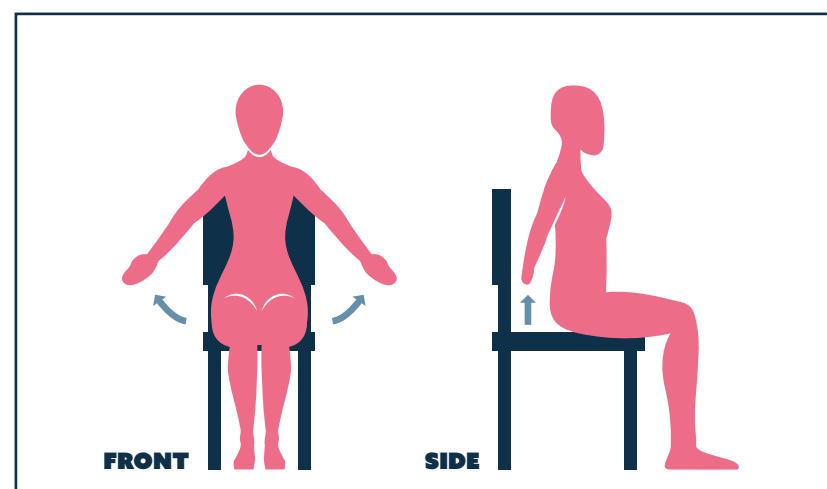
It's essential that your riser recliner offers you a good level of support, especially if you're planning on sitting in it for long periods of time. The best models feature a sturdy frame and plenty of cushioning, particularly in the seat and backrest areas. This helps to promote a healthy posture and will ensure your weight is evenly spread, avoiding uncomfortable pressure points.

A workout you can do from the comfort of your chair

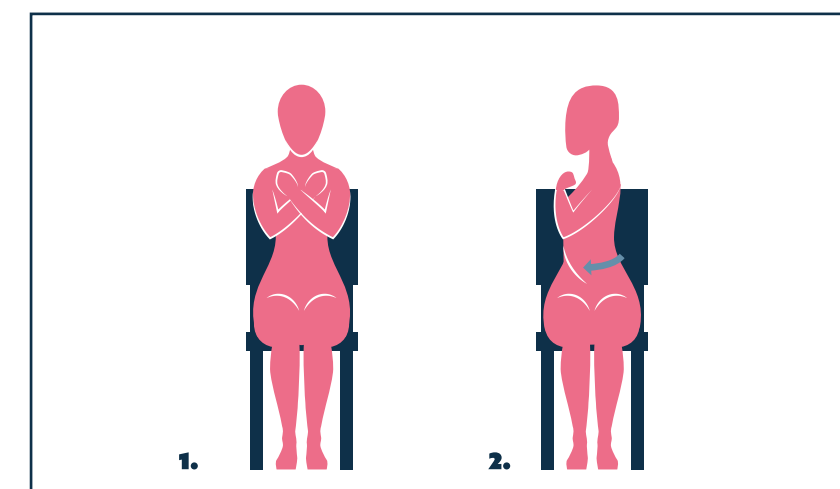
Certain medical conditions can make it difficult to stay fit and active, but did you know there are a range of exercises you can do from the comfort of your chair? The NHS recommends a variety of gentle sitting exercises that are designed to boost your mobility, strength and balance.

If you've not exercised for a while, you might want to get the all-clear from your doctor before you give these sitting workouts a go. Also, when you do the workout, make sure that you're in a stable chair without wheels, you're wearing loose clothing and you've got some water handy to keep you hydrated.

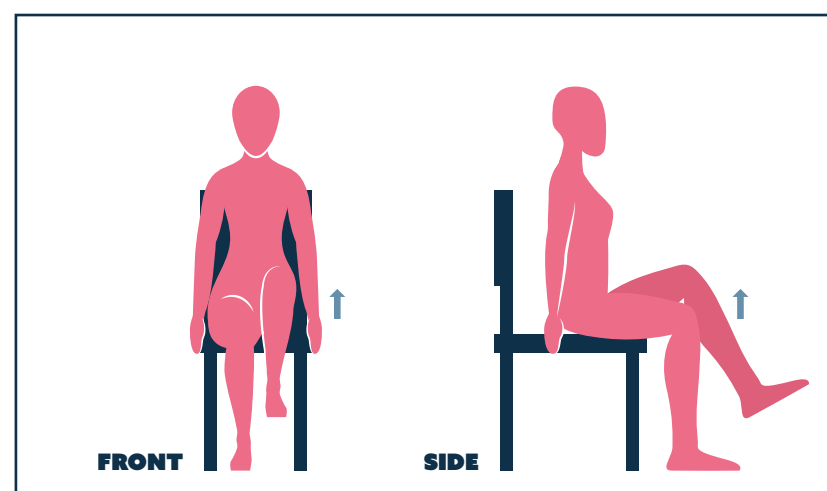
Here are some examples you might want to try:



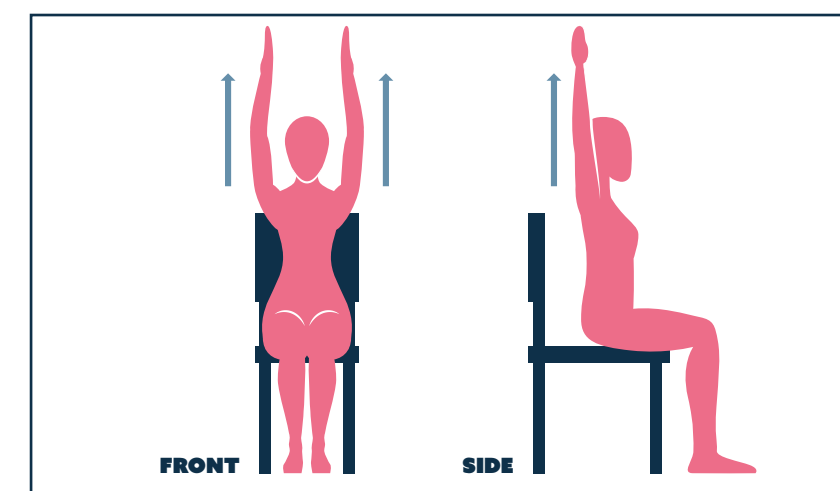
Chest stretch: Sit upright a few inches from the back of your chair. Pull your shoulders down and back and extend your arms out to the side. Gently push your chest up and forward until you start to feel a stretch. Hold this position for five to 10 seconds - and repeat five times.



Upper body twist: Sit up straight and cross your arms across your chest, touching your shoulders with your hands. Without rotating your hips, turn your upper body to the right and hold for five seconds. Repeat this action moving to the left. Do five turns in each direction.



Hip marching: Sit slightly away from the back of your chair, hold the arms or sides of your chair and lift your right leg with your knee bent. Do this as far as is comfortable and then slowly place your foot back down. Do the same with your left leg and repeat until you've done five lifts with each leg.



Arm raising: Sit upright with your arms placed by your sides. Raise both arms out to the side with your palms facing forwards. Lift them up as far as is comfortable and then return to your original position. Repeat this action five times.

You can get further information and a more comprehensive list of exercises [here](#).



- Nearly two-fifths of people (**39%**) identified watching TV as their favourite pastime while relaxing in their chairs. Reading came second at **27%** and video games were third at **17%**.
- More than half of respondents (**55%**) said they spend between 1 and 3 hours a day sitting down doing their hobbies. A dedicated **19%** revealed they spend between 3 and 5 hours doing sedentary activities.

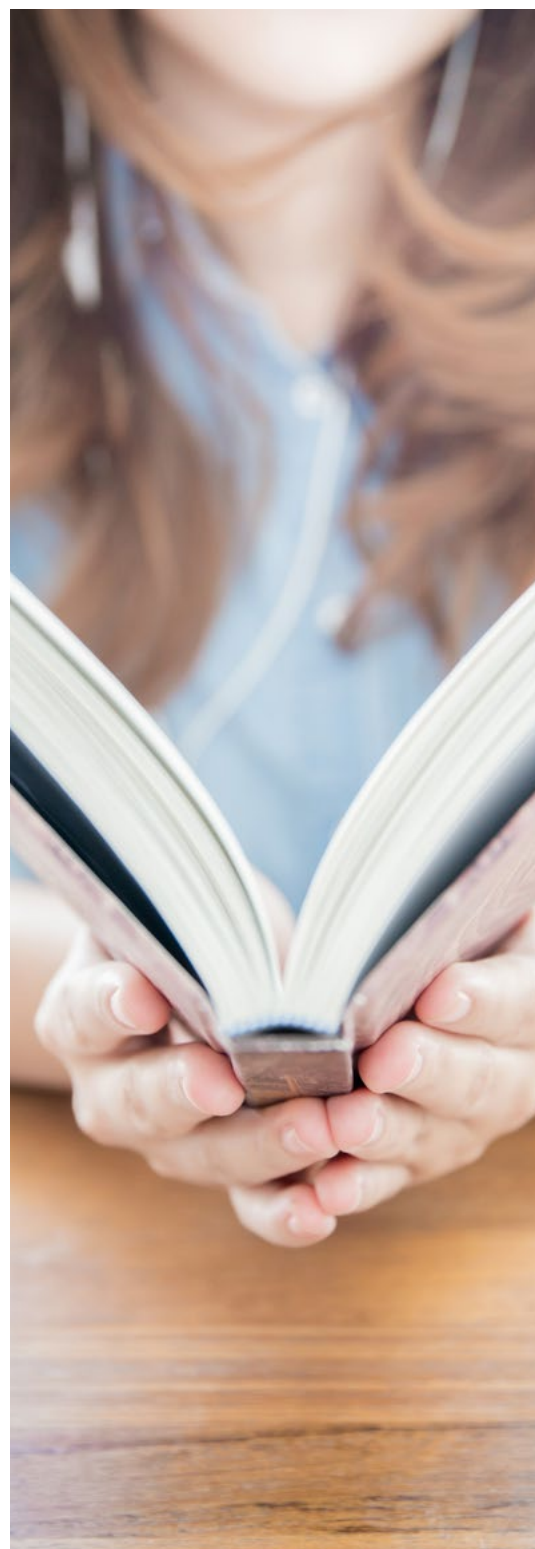
HOBBIES

There are lots of hobbies you can enjoy while relaxing in your riser recliner. From immersing yourself in a good book to testing your skills at arts and crafts, here are some enjoyable activities to keep you busy:

Reading

For sheer escapism, few things beat picking up a good book. In fact, a study conducted by a team at the University of Sussex put reading top of a list of stress-busting activities, ahead of other relaxing pastimes such as listening to music, taking a walk or enjoying a cup of tea.

If you're keen to embrace your inner bookworm, here's some inspiration for your next read:



Pick out a prize winner

Perhaps ***The Sellout*** by **Paul Beatty**, which took the top spot in last year's Man Booker Prize for Fiction, will be the perfect page turner for you. Or maybe ***Days Without End*** by **Sebastian Barry**, winner of first prize in the Costa Book Awards, is more your scene. If you love a good short story, you could add **KJ Orr's** ***Disappearances*** to your list. Described by a judge as "near perfect", it picked up the BBC National Short Story Award in 2016.

Online book clubs

Want a more social reading experience? One option is to join an online book club. There are plenty to choose from, and this is a great way to reach out to other booklovers around the world from the comfort of your armchair. You might even find one run by your favourite celeb.

A big fan of Emma Watson? Check out her feminist book club. Called Our Shared Shelf, it's covered tomes including *The Argonauts* by Maggie Nelson, *How to Be a Woman* by Caitlin Moran and *Hunger Makes Me a Modern Girl* by Carrie Brownstein.

Love getting your Oprah fix? The Oprah Book Club (OBC for short) is well worth investigating. Previous novels explored by the group include *Love Warrior* by Glennon Doyle Melton, *The Underground Railroad* by Colson Whitehead and *Ruby* by Cynthia Bond.

Can't get enough of fashion and beauty vlogger Zoella? Run in collaboration with WH Smith, her book club has recommended the likes of *If I Was Your Girl* by Meredith Russo, *Lying About Last Summer* by Sue Wallman and *Finding Audrey* by Sophie Kinsella.



Knitting

Love the idea of creating cute, personalised presents for your friends and family? Keen to make something cosy to wear? With countless patterns and wools to try out, knitting could be your perfect pastime. Here are some tips to help you hone your needle skills:

Spend time learning the basics: Especially if you've fallen in love with a particular pattern, it can be tempting to launch into complicated knits. But before you move onto intricate patterns, it's important to spend time getting to grips with the basics. There are lots of handy resources out there that should get you up to speed. Peruse books like *Knit & Purl Stitches* by Erika Knight or the *Complete Guide to Knitting and Crochet* by Nicki Trench. You can also get useful pointers on specialist websites. If you prefer watching videos to following diagrams, there are several tutorials available on YouTube for your viewing pleasure.

Use a thick yarn: You might like the look of fancy eyelash yarns or yarns embellished with beads and sequins, but it's best to stick to simple materials to begin with. Ideally, use something thick like a worsted-weight yarn. This will make your stitches easier to see, meaning your knitting project will progress more quickly. Try using light colours too. Again, this will make it simpler to spot individual stitches.

Start a Pinterest board: The online ideas catalogue Pinterest is a fantastic tool if you're looking for crafting inspiration, so why not start your own board? You can pin all the patterns you love and get some great ideas for future projects.



TV

Whether you love a crime drama, you're an avid soap fan or you like to expand your mind through documentaries, there's nothing quite like sitting down to some good TV. If you're looking to switch up your viewing, add the following shows to your to-watch list.

The best binge watches

Why ration yourself when there are so many superb series available to binge watch? Here's just a small selection to get you started:

Homeland: political thriller packed with plot twists

Breaking Bad: witty, multi-award winning crime drama

Mad Men: retro drama about an esteemed New York ad agency

Game of Thrones: spectacular medieval fantasy drama

Stranger Things: nostalgic, science fiction-horror set in small town America



Classic Saturday night viewing

If you love settling in for some classic Saturday night viewing, here are three shows you won't want to miss:

'The Voice': With the new series underway on ITV, watch judges Jennifer Hudson, Sir Tom Jones, Will.I.Am and Gavin Rossdale whittle down this year's hopefuls.

'Strictly Come Dancing': It might not be scheduled to reappear on our screens until the autumn, but rest assured Strictly will be big news when it returns for its 15th series. The judges haven't been confirmed and there's been no word yet on a replacement for Len Goodman, but it's expected that Bruno Tonioli, Craig Revel Horwood and Darcey Bussell will stay on the panel. As to contestants, the bookies' favourites include the likes of Jessica Ennis-Hill, Kim Murray and Samantha Womack.

'The X Factor': Watch this space for the return of the iconic talent search show. The judges' auditions are due to start in the summer, and Louis Walsh, Sharon Osbourne, Nicole Scherzinger and Simon Cowell are all tipped to return for this year's series.

If you love to learn while you watch, the following documentary series are hard to beat.



'Planet Earth II':

David Attenborough at his best, Planet Earth II is a sequel to the original series, which aired in 2006. It has all the trappings you'd expect with a BBC series, from breath-taking camerawork to an original musical score.



'Forces of Nature':

Professor Brian Cox explores some of the most spectacular sights on Earth and delves into our deepest scientific understanding to reveal how the planet's intricacy and beauty is shaped by just a handful of powerful forces.

If you prefer documentary films, check out the likes of **'Man on Wire'**, **'Blackfish'**, **'Citizenfour'** and **'My Scientology Movie'**.

Puzzles

You might enjoy a good puzzle, but did you know these games can benefit your brain? Research has suggested that people who spend more time doing mentally stimulating games are more likely to perform better at tasks involving memory, learning and information processing.



While old favourites like crosswords, word searches and sudoku may never fall out of fashion, there are plenty of new puzzles out there to keep your synapses firing. Here are a few you might like to try.

ColorKu: Featuring a solid wooden board and 81 marbles in nine colours, this is a fun, family-friendly, sudoku-inspired game you can play again and again.

HoverKraft Levitating Construction

Challenge: A kind of futuristic version of Jenga, this game uses magnetic repulsion and requires you to stack and balance blocks on top of a floating platform.

Ravensburger 3D The Earth Puzzleball: Why stick to 2D jigsaw puzzles when you can create an impressive 3D model of Earth piece by piece?

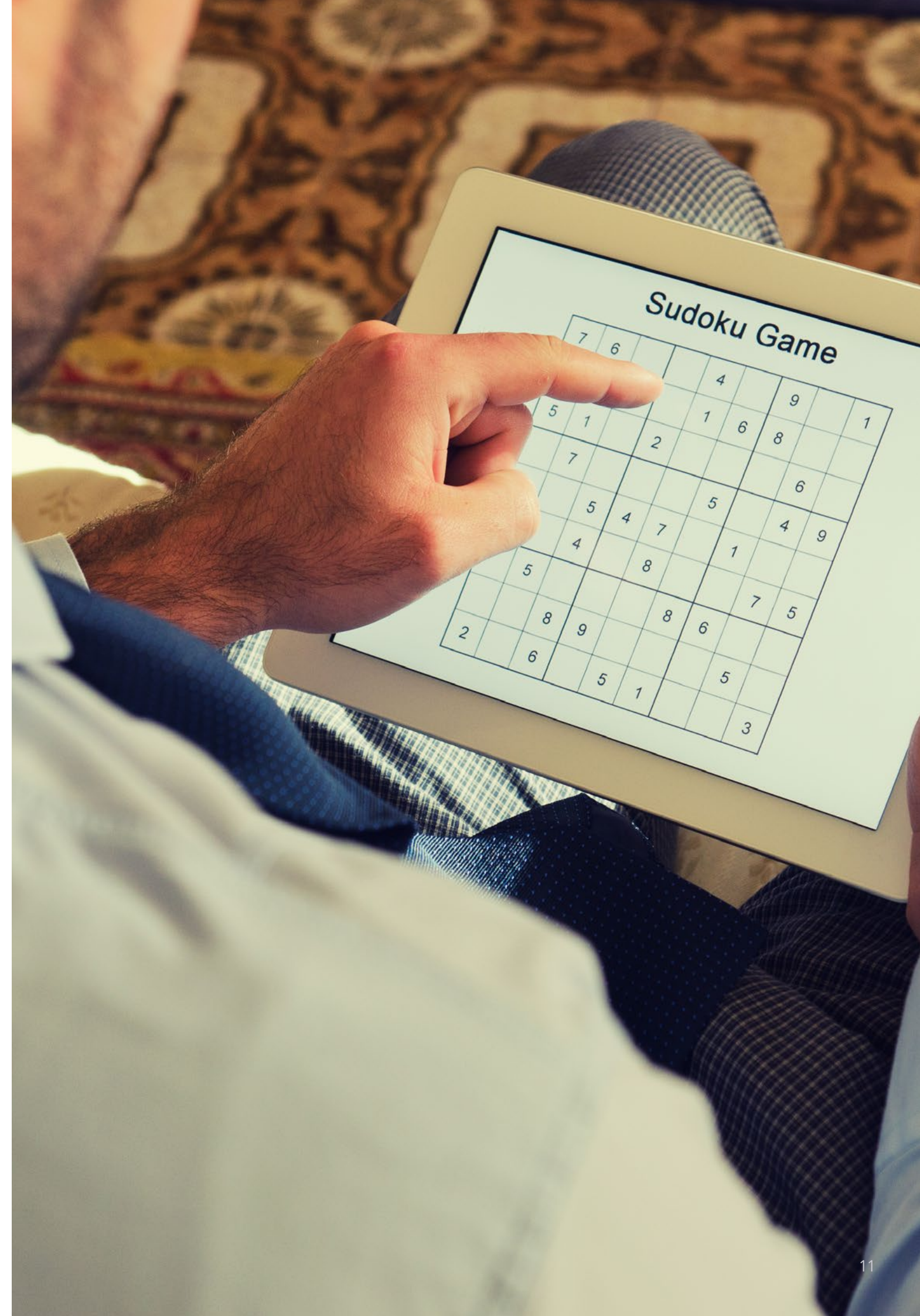
Digital:

There are a wide array of digital games available for your smartphone or tablet. Here are a few of the best:

Peak (iOS and Android): Offering a selection of more than 30 mini-games, this game lets you create tailored mental 'workouts' and tests you in areas including language, logic and memory.

Cognito (iOS): This game features language, logic and memory tests wrapped around a story involving spy missions and secret agents.

Elevate (iOS and Android): Providing new mental challenges each day, this game helps you hone the life skills you need most.



Arts and crafts

Keen to be creative from the comfort of your chair? Arts and crafts projects put your inventiveness to the test and they can give you a real sense of accomplishment. Here are a few popular activities that you might want to try:

Scrapbooking

Scrapbooking is ideal for celebrating special events, keeping a record of what you get up to or simply collating your favourite recipes. If you want to get stuck into scrapbooking, you'll need the following supplies:

- An attractive album
- Backing paper or card
- Accessories to embellish your pages (such as tags, labels, pockets, stickers, glitter and buttons)
- Scissors
- Adhesives
- A journaling pen or marker

Colouring

Colouring isn't just for kids. Grownups are increasingly turning to this soothing pastime as a way to de-stress. To get started yourself, simply stock up on colouring pencils or pens and choose a book. Examples include:

Calming Colouring Nature Patterns by Graham McCallum
The Mindfulness Colouring Book by Emma Farrarons
Dream Cities by Rosie Goodwin and Alice Chadwick

Model making

The key to successful model making is choosing the right kits. Find versions that are the right level of difficulty and intricacy given your experience and the amount of time you're prepared to invest.

If you want to paint your completed models, make sure you select a paint that will bond well with the material, whether it's wood or a type of plastic. Also, remember to put newspaper or plastic sheeting down to catch any spillages.





Thanks for taking the time to read this eBook. Whether you're looking for advice to improve your health, searching for a riser recliner or want some inspiration for seating pastimes, we hope our tips and insights help.

To learn more about Adjustamatic riser recliner chairs and see if they are the right fit for you, visit the website at www.adjustablebeds.co.uk.

Sources:

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