

# THE SEAL OF APPROVAL OF "AKTION GESUNDER RÜCKEN E.V." CAMPAIGN FOR HEALTHIER BACKS

Guidance when purchasing back-friendly products

Independent testing by doctors and therapists

[www.agr-ev.de/produkte](http://www.agr-ev.de/produkte)



# Working from nine to five! But how do I sit on the move?

Sitness creates freedom of movement  
in every direction!



Sitness AirWork



Sitness 4D

Our sitting behaviour is characterised by little movement and limited muscle work. Everyone spends over ten hours a day in a sitting position. A lot of time that should never be spent sitting on non-ergonomic office swivel chairs - because this leads to incorrect posture and the resulting back pain. The first signs of back pain are tension in the back muscles, caused by an undersupply of fluid and nutrients to the muscles.

But what can you do?

Sitting in motion is essential for a healthy back. The unique Sitness technology from Topstar GmbH ensures three-dimensional sitting and keeps you

moving even when seated. The movable connection between the seat and the lower part of the chair permanently activates the back muscles. The micro-movements that occur while you are sitting even train and build up the back muscles. The dynamic muscle work used here is a rhythmic sequence of tension and relaxation. The intervertebral discs are relieved by the sustained movement during sitting and blood circulation is stimulated. As a result, the blood requirement, circulation and nutrient exchange are at a balanced level, which prevents muscle tension and undersupply to the intervertebral discs. The freedom of movement in a seated position therefore gua-

rantees relief throughout the day. This increases the seated person's ability to concentrate and perform. All the micro-movements that are made subconsciously while sitting have a positive health effect on the spine, the intervertebral discs, the circulation and, as a result, on the whole body.

Ultimately, the innovative Sitness technology ensures that the rigid connection between the chair base and seat becomes dynamic and enables dynamic, three-dimensional sitting.

With the support of the 3D-Sitness seating effect, the seat can be moved in any direction: forwards, backwards, left, right and in between. The freedom of movement in every direction ensures more active sitting and thus pre-

vents back pain - movement is the solution.

Sitness - a brand of Topstar GmbH is a modern brand that stands for inspiring and sustainable seating solutions. Our unique technology for dynamic sitting has been developed to achieve a beneficial effect on health.

With market expertise and modern product developments, Sitness is increasingly differentiating itself with moving products ran-

ging from children's chairs to office chairs, gaming chairs and the new dining room collection. For this reason, we are delighted to receive the German Brand Award 2022 in the Excellent Brands Interior and Living category.

Fit and healthy while sitting - with Sitness technology from Topstar.



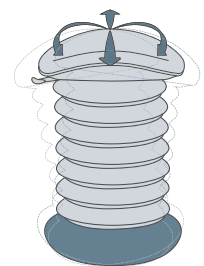
Soft Sitness Art



Sitness 4D



Sitness AirWork



Sitness 4D

## Sitness®

The innovative Sitness® technology separates the rigid connection between the chair base and seat and creates a dynamic connection.



Sitness® Video  
www.youtube.com

Topstar GmbH  
www.topstar.de    topstar\_gmbh

Sitness® - eine Marke der Topstar GmbH.  
www.sitness.de  sitness\_official



# THE AGR SEAL OF APPROVAL



## A SEAL YOU CAN TRUST

Back pain is the number one most widespread disease. It affects people of all ages and from all walks of life, and almost everyone has had some experience of it. The figures show that back pain seems to be part and parcel of life. The good news is that, in over 90% of all cases, it is straightforward, and serious conditions are rare.

The independent association Aktion Gesunder Rücken (AGR) e.V. has been committed to promoting back health since it was established in 1995.

To help to achieve this goal, back-friendly products are awarded the AGR seal of approval, specialist retailers and therapists receive training in ergonomics and the general public is informed about preventing back pain.

The idea behind this is that there isn't one single best way to achieve back health. What is needed is always an individual solution and a holistic approach.

An important measure on the path to a pain-free life is to make everyday activities back-friendly. Above all else, it is helpful to have an ergonomic environment, both at work and at home.

Solutions can be found for almost all areas of daily life: from ergonomic bed systems and back-friendly exercise equipment, to products for children and babies.

The AGR seal of approval offers consumers reliable guidance when purchasing back-friendly products, as it is only awarded to products that provably promote back health.

**Find tips for a back-friendly life at:**  
[www.agr-ev.de/en](http://www.agr-ev.de/en)

### **Internationally recognised: you can trust in the quality of the AGR testing process!**

The AGR seal of approval and testing process were thoroughly examined by the European Union Intellectual Property Office (EUIPO) and recognised as reputable and trustworthy in 2022. This means it is one of the few seals of approval to have received

this prestigious international recognition as an EU certification mark. The quality of the AGR seal of approval has also been awarded the highest rating of 'highly recommended' by the consumer initiative association Bundesverband Verbraucherinitiative e.V. on the consumer portal Label-online.de.





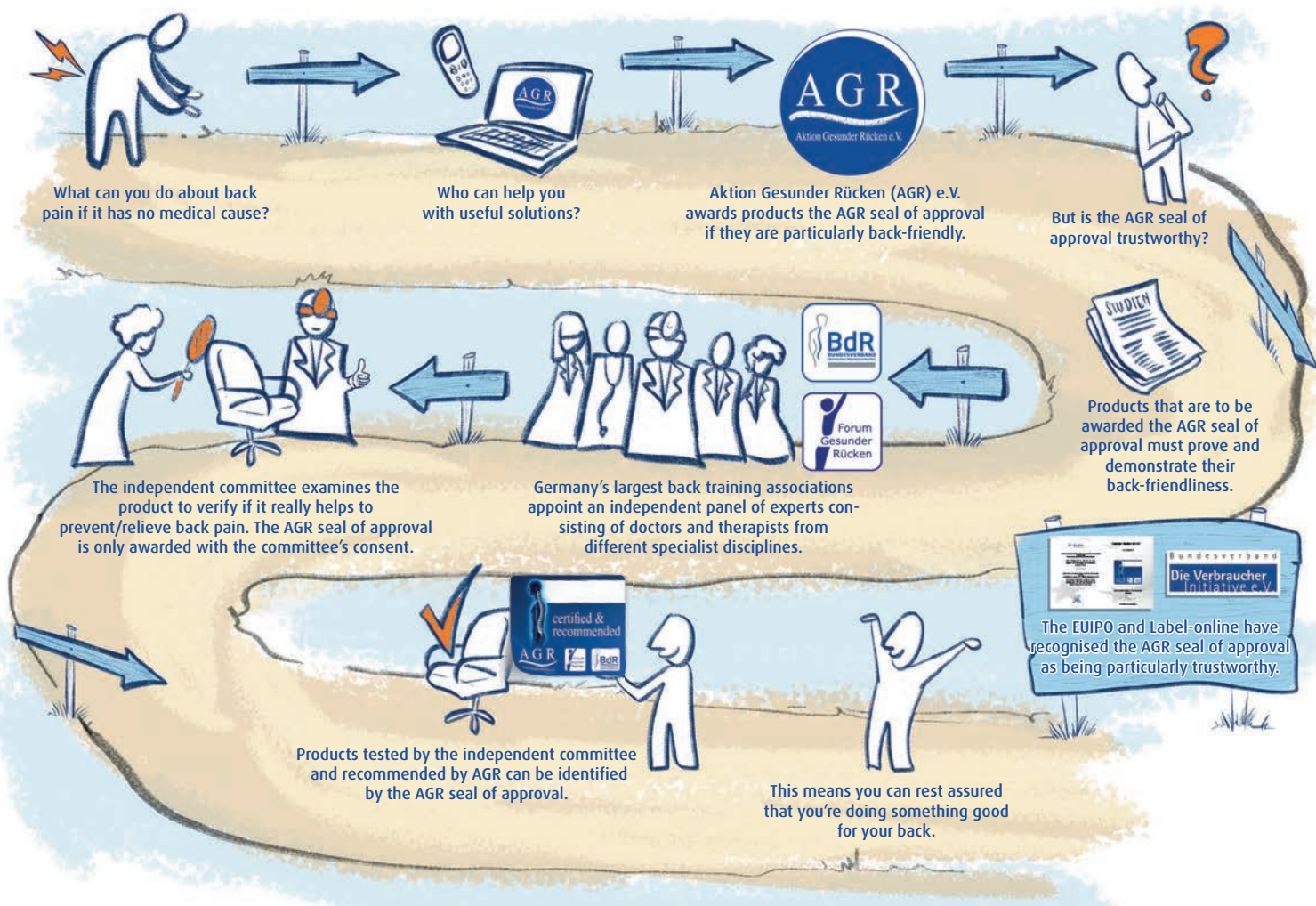
# HOW THE AGR SEAL OF APPROVAL IS AWARDED

For assessment, the professional associations Forum Gesunder Rücken – besser leben e.V. and Bundesverband deutscher Rückenschulen e.V. assemble an independent testing committee. The experts from various specialist disciplines subject a wide range of products to strict testing criteria.

After a manufacturer has applied for the seal of approval, a committee member conducts a preliminary examination of the products on site. If this is passed successfully, the main examination

follows. Manufacturers must then demonstrate the back-friendly benefits of the product before the entire testing committee. The important thing here is that every product must be present on site.

If the committee concludes that the products demonstrably promote back health, they are awarded the AGR seal of approval.





## What qualities should a product have to optimally support your back and make a real positive difference to your life?



With so many products available, choosing the right one isn't easy, as you often can't tell which products are truly back-friendly – unless, that is, they bear the AGR seal of approval.



Discover over 1,000 products from more than 120 product categories that have been awarded the AGR seal of approval here:

**[www.agr-ev.de/produkte](http://www.agr-ev.de/produkte)**



The AGR 'Tested & Recommended' seal of approval was developed by AGR in collaboration with Germany's two largest back training associations to help consumers decide what products to buy. The association awards this seal to products that have been evaluated as particularly back-friendly according to strict criteria by an independent testing committee of doctors and therapists from various specialist disciplines.

The quality and significance of the AGR seal of approval has been rated as particularly recommended and trustworthy by various institutions, including Bundesverband Verbraucherinitiative e.V. (a German consumer initiative association) and the European Union Intellectual Property Office.