

PRESS RELEASE

Motion furniture for optimal wellbeing

Not merely a luxury item, motion furniture is beneficial to health and quality of life, especially for senior citizens or those suffering from medical conditions.

28 September 2015, Johannesburg: Motion furniture provides the perfect place to relax and unwind in complete comfort, but it also has many health benefits. Ryan Beattie from La-Z-Boy, the company that pioneered the way with the first reclining chair of its kind, explains how this seating has the potential to make lives of the elderly and infirm easier, healthier and more enjoyable.

A clean bill of health

Our current view on good health is a lot more holistic than in the past, where it was simply considered as the lack of illness. Today, wellbeing comprises reaching a state of harmony with regards to body, mind and soul.

Movement plays a huge role in the state of ones health, but our sedentary lifestyles negate this due to the amount of static sitting that occurs on a day-to-day basis. This is even more so for people who struggle with physical impairments. Movement is essential as it encourages blood circulation, which in turn increases oxygen levels and the transport of nourishment.

“Moving and breathing does a world of good for the body, but conventional seating restricts this to the point of it being detrimental to your health,” explains Ryan. With static chairs, one can expect aches and pains from poor posture, reduced flexibility and muscle strength, decreased circulation, and a restricted diaphragm that hampers the supply of oxygen to the brain. All of this leads to physical and mental fatigue.

“However, motion furniture can, to a certain extent, help. La-Z-Boy recliners for example, encourage sitting in motion, even for those who struggle to move with ease. The advanced design allows people to move all sorts of muscles groups that they wouldn’t use in a normal chair. As a result, users will be able to breathe with more ease, have better posture and circulation, and experience enhanced wellbeing as a whole,” nods Ryan.

Lean back

La-Z-Boy’s Power Recliners are the perfect solution for a tired or weak body. “Operated electrically by the touch of a button, our Power Recliners offer benefits that will be appreciated by everyone, whether fit and able, or not,” points out Ryan. He believes that a recliner’s ability to slide back into a more comfortable position helps relieve the weight and stress on the leg muscles experienced from being on your feet for prolonged periods of time, or for those with leg issues.

Recliners also support the lumbar spine, encouraging good posture particularly for those who are chair-bound for prolonged periods due to medical conditions. “Sitting in a reclined position relieves pressure and allows your muscles to rejuvenate, whilst offering customised support for your legs and back. In addition, it enables people to change their seating position according to their needs,” explains Ryan. So whether you want to read, watch TV or take a nap – the La-Z-Boy can be adjusted to support your body, preventing you from getting uncomfortable and sore.

Features of the La-Z-Boy PowerRecliner include:

- The power to recline at the touch of a button.
- Powered back and leg rest, adjustable to any position.
- Smooth and effortless operation moves from seating to fully reclined in seconds.
- A quiet and stable base provides consistent reclining operation.
- Exclusive La-Z-Boy back support fully supports lower back in all positions.

Great for back pain sufferers

Recliners provide a back-friendly seating option. Ryan explains: “Reclining is helpful for back-pain sufferers because of the full body support offered in a reclining chair or sofa – from the head and neck, the upper back, lumbar region, right down to your legs and feet. Simply put – when you recline, you reduce the strain and pressure in your back, which helps to relax surrounding muscles and ultimately takes the tension away from the pain-ridden area.”

He says that according to medical research, the key to getting relief is elevating your legs: “La-Z-Boy recliners are the ideal solution to the back-pain problem – they offer such effective total body and lumbar support, that they have been fully endorsed by the American Chiropractic Association.”

Lift off

Those who are mobility-challenged and find it difficult to sit down or stand up unassisted may land up staying in bed or in one chair all day. “The process of getting up or sitting down can be strenuous on the body, but not doing so and simply staying in the same position for long periods of time will eventually have problematic repercussions,” advises Ryan.

This is where La-Z-Boy’s Hi-Lift mechanism can make a huge difference, giving you a lift whenever you need it. “Hi-lift power action moves the seat of the recliner up to meet the person who wants to sit down, and then slowly lowers them into a fully seated position. When they want to stand-up again, the seat rises, lifting them out of a seated position and helping them to stand-up. The La-Z-Boy Hi-Lift mechanism can be fitted to any of our incliners,” points out Ryan.

Features of the La-Z-Boy Hi-Lift include:

- The motorised lift action helps people sit down and stand up with ease.
- The process takes place at a speed that is comfortable for any individual.
- It can help to significantly reduce stress on joints and the back when sitting or standing.
- It has the look and feel of a normal recliner, allowing it to fit in with your decor without looking out of place.
- It plugs directly into the wall, but also has a battery backup that is activated when the power goes out, allowing for one cycle.

“When purchasing a chair for the mobility-impaired, it is essential that you talk to a medical expert first. They can also advise on what positions will be most suitable for you,” suggests Ryan, who believes that motions furniture can aid the elderly or infirm to get the best rest and healing they deserve.

The La-Z-Boy range is available throughout South Africa at specially appointed La-Z-Boy furniture retailers. Visit www.la-z-boy.co.za to find a retailer closest to you.

ENDS

Released on behalf of La-Z-Boy (www.la-z-boy.co.za) by The Line Communications (www.theline.co.za, ant@theline.co.za).