

WELLNESS BALL™

ACTIVE SITTING*



Sitting and Active Sitting

Wellness Ball™ - Active Sitting improves your lifestyle. By alternating the use of a traditional chair with Wellness Ball™, all the time you spend sitting, at home or at work and in your leisure time, can be turned into an opportunity to exercise and be more active.

* Wellness Ball™ - Active Sitting is an exercise equipment that can be used as an alternative seat but cannot replace traditional chairs.

www.technogym.com/wellnessball/activesitting

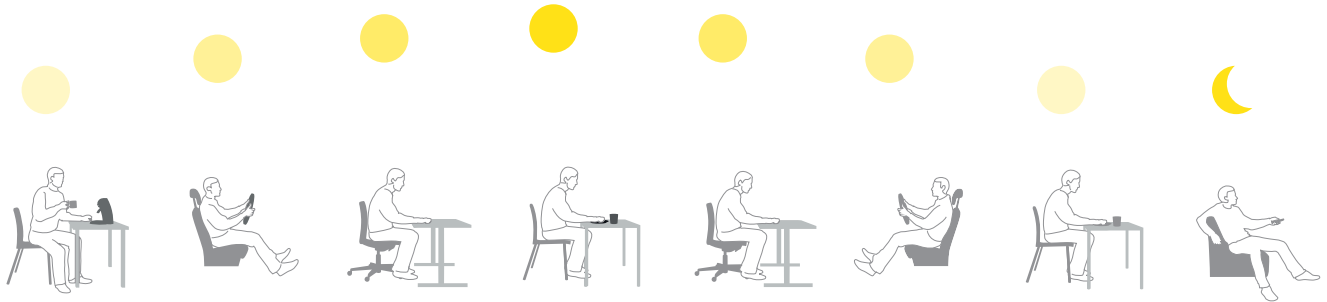
PATENT PENDING | MADE IN ITALY



The Wellness Company

Improve your lifestyle.

Wellness Ball™ - Active Sitting fights sedentary lifestyles by turning the hours spent sitting from passive into active time with a positive impact on your well-being.



Fighting a sedentary lifestyle

Evidence shows that problems relating to modern day, sedentary lifestyles can also be linked to inactivity at work with desk-based jobs.

People spend more than one third of their waking hours at work and tasks requiring moderate physical activity have dropped from 48% to 20% in last 50 years. A change in lifestyle, even at work, especially with regard to how and for how long people sit, brings about a reduction in the potential risks related to metabolic and cardiovascular diseases.

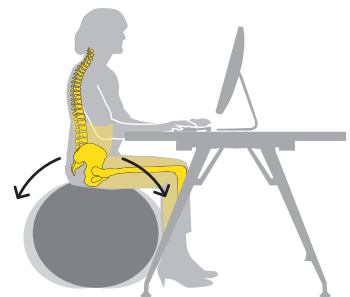
SOURCE:

_ OECD. Average annual working time. Employment and labour markets: key tables from OECD, No. 8, 2012
_ Church TS, Thomas DM, Tudor-Locke C, Katzmarzyk PT, Earnest CP, Rodarte RQ, Martin CK, Blair SN, Bouchard C. Trends over 5 decades in US occupation-related physical activity and their associations with obesity. PLoS One. 2011



A healthy back**

Wellness Ball™ - Active Sitting works by requiring involuntary micro-movements while sitting on the ball, or by using the ball to do targeted exercises, to improve posture and back and core muscular strength. Its patented design ensures a comfortable, stable and correct sitting position, for back pain prevention and a significant improvement in your mental and physical well-being.



****WARNING:** medical advice should be sought before starting any training programme. Technogym cannot be aware of your health condition and level of fitness, and will consequently not accept any responsibility nor provide any guarantees in regard to the use of information or advice contained in this publication, including, without any limitation whatsoever, any liability for errors, inconsistencies and omissions.

Wellness on the Go.



Help and support

The QR Code gives access to Wellness Ball™ mobile website where you'll find exercise videos and a questionnaire to help assess your current back condition. Wellness Ball™ - Active Sitting syncs with your electronic calendar, reminding you with an automatic message that it's time to take an exercise break.



Mobile content

Via smartphone, tablet or PC you will be able to:

- receive personalised training programmes developed by our specialists
- view videos of each exercise, wherever you are
- receive a reminder of training sessions



Guide to Training Programmes



EXERCISING AT WORK

These exercises can be performed while in a professional work setting even while wearing a business suit. These exercises are specially designed for "core" muscle strengthening and for stretching your arms and legs.



EXERCISING ANYWHERE

A wide range of training routines is available at any time via the mobile website. Exercises can be performed safely by yourself anywhere, wearing suitable sportswear: at home, while travelling or outdoors.



All-round design.

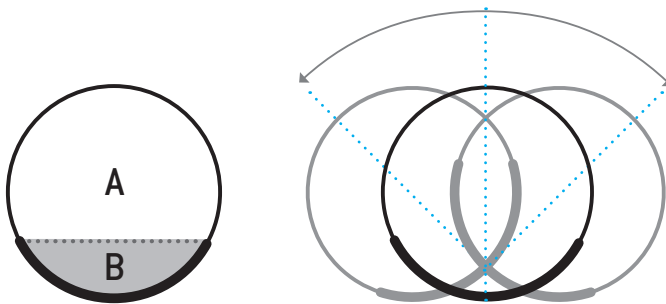
Stable

Double density of the material used:

the material used for part B is characterised by a higher density to stabilise the ball and prevent it rolling around, so it can be stored tidily, e.g. under a desk, or the corner of a room.



Self centering



Anti-slip material:

a specially developed, non-slip material has been used on the underside to prevent sliding [Patent Pending]. Wellness Ball™ - Active Sitting is made in Italy from top quality, phthalate-free, latex-free PVC.

Design and quality

Technical zip:

the ball cover can be removed thanks to a top quality zip fastener made to nautical standards for maximum durability [Patent Pending].



Sturdy cover:

made of multilayered fabric, with lining to give support and a breathable honeycomb material (typically used in running shoes) to keep you comfortable with prolonged use. The ball fabric is an antibacterial, washable material for easy cleaning.

Design:

Wellness Ball™ - Active Sitting is an interior design item styled to suit modern, fashion-forward environments. The material is carefully hand-stitched in Italy.



The exclusive design and functional characteristics of Wellness Ball™ - Active Sitting cover, zip fastener and handle are pending design patents.



Comfortable

Positioning via the handle:
the handle allows for easy ball positioning, helping you find a correct sitting position.

Handiness:
holding, handling and carrying the ball is easy with a sturdy handle made of technical fabric.



Personalisation:
each ball can be inflated to a personalised setting, according to uses, level of comfort and your height. Use the special label to personalise your ball with your name.

Perfect dimensions:

Wellness Ball™ - Active Sitting has a diameter of 55cm. This is a suitable size, also when being used at a desk (based upon an average desk height of 70cm). Maximum user weight: 160kg (353 lbs).

A trainer always with you



The QR Code enables you to access the ideal exercise videos for your back condition and to follow the most suitable training programme for you.



Products suitable for recycling
PVC – VINYL



In compliance with the European safety regulations 91/338 CE and 89/677/CE on contained levels of cadmium and lead.
Non-toxic, latex-free products.



Environment friendly.
No air pollution.



Wellness everywhere,
every day.



WELLNESS BALL™ - ACTIVE SITTING AT HOME AND IN YOUR LEISURE TIME



Its unique design and premium quality materials mean it will suit any home environment, enabling you to be active at any time and feel fit whatever you are doing.

On the mobile website, accessible via personal electronic device, you can find training programmes for use on your Wellness Ball™ - Active Sitting.

WELLNESS BALL™ - ACTIVE SITTING AT WORK



Turn the time you spend sitting in the office into active time.



Give your office meetings an energy boost.

Technogym in the World.

ITALY

OFFICES & SHOWROOM
Via Calcinaro, 2861
47521 Cesena (FC)
Numero verde: 800 70 70 70
Ph. +39 0547 56047
Fax +39 0547 650555
home@technogym.com

TECHNOGYM MILANO
Via Durini, 1
20122 Milano
Ph. +39 02 76280543
milano@technogym.com

UNITED KINGDOM

OFFICES & SHOWROOM
Two The Boulevard
Cain Road – Bracknell
Berkshire RG12 1WP
Freephone: 0800 3162496
Ph. +44 1344 300236
Fax +44 1344300238
home@technogym.co.uk

GERMANY

OFFICES & SHOWROOM
Frankfurter Str. 211
[Eingang Du-Pont-Straße]
63263 Neu-Isenburg
Freephone: 0800 0556633
Ph. +49 (0) 6102 - 822380
Fax +49 (0) 6102 - 8223810
home@technogym.de

NETHERLANDS

OFFICES & SHOWROOM
Essebaan 63
2908 LJ Capelle aan den IJssel
Ph. +31 (0) 10 422 32 22
Fax +31 (0) 10 422 25 68
info_blx@technogym.com

BELGIUM AND LUXEMBOURG

OFFICES & SHOWROOM
Ikaros Business Park,
Ikaroslaan 25, 2nd floor
1930 Zaventem
Ph. +32 (0) 2 720 86 33
Fax +32 (0) 2 721 36 99
info_blx@technogym.com

PORTUGAL

OFFICES
Tagus Park – Nucleo Central, 284
2740 – 122 Oeiras (Portugal)
Freephone: 800 112 998
informacao@technogym.net

FRANCE

OFFICES & SHOWROOM
20, rue Rouget de Lisle
92130 Issy les Moulineaux
Ph. +33 (0)1 45 29 90 00
Fax +33 (0)1 45 29 90 05
home@technogym.fr

SPAIN

OFFICES & SHOWROOM
Parc De Negocios Mas Blau
Ed. Avant 1 c/Selva, 12
08820 El Prat De Llobregat, Barcelona
Freephone: 900 89 88 99
Fax +34 933 704 736
home_es@technogym.com

TECHNOGYM MADRID
Claudio Coello, 77 28001 Madrid
madrid@technogym.com

TECHNOGYM MARBELLA
Bvd. Principe Alfonso de Hohenlohe,
Centro Comercial La Poveda, local 2
29602 Marbella, Málaga
Ph. +34 607643191
marbella@technogym.com

RUSSIA

OFFICES
BC 'Vereyskaya Plaza 1'
Vereyskaya Street, 29, Build.154,
Office 42 - 121357 Moscow
Ph./Fax +7 495 933 38 34
info_ru@technogym.com

TECHNOGYM MOSCOW - GUM
Red Square 3, GUM, 3rd floor/3rd line
109012 Moscow
Ph. +7 495 737 64 68
GUM@technogym.com

TECHNOGYM MOSCOW - CROCUS
66 km MKAD, Crocus City Mall
Store 163, 143400 Moscow
Ph./Fax +7 495 987 42 27
crocus@technogym.com

TECHNOGYM ST.PETERSBURG
Bolshoy prospekt P.S. 49/18
Ph. +7 812 703 53 34
St. Petersburg
spb@technogym.com

UNITED ARAB EMIRATES

OFFICES & SHOWROOM
Sheik Zayed Road - Exit 42
Palladium Building
Dubai, United Arab Emirates

ABU DHABI SHOWROOM
Al Maqta Building -
Sultan Bin Zayed The First St.
Abu Dhabi, United Arab Emirates
Ph. +971 4 3375337 (centralized)
Fax +971 4 3372660 (centralized)
infouae@technogym.com

AUSTRALIA

OFFICES & SHOWROOM
Building E, Suite E204
24-32 Lexington Drive
Bella Vista NSW 2153
Ph. +61 (02) 8883 0172
Toll free 1800 615 440
Fax +61 (02) 9672 6410
info.au@technogym.com

BRAZIL

MAIN OFFICES
Av. Paulista, 1439 - Suite 114
Bela Vista São Paulo – SP
CEP 01310-100
OTHER OFFICES
Rua da Assembleia, 11
sala 11 - Centro - Rio de Janeiro
CEP 20011-001
Ph. 0800 600 6070 /+55 21-3520-8400
comercial_br@technogym.com

NORTH AMERICA

OFFICES & SHOWROOM
700 US Highway 46 East,
Fairfield, New Jersey 07004
Toll free 800 8040952
Ph. +1 206 6231488
Fax +1 206 6231898
info@technogymusa.com
TECHNOGYM NEW YORK
70 Greene St, New York, NY 10012
Ph. +1 646 578 8001
nycstore@technogymusa.com

JAPAN

OFFICES & SHOWROOM
Seafort Square Center Bldg. 18F
2-3-12 Higashi-shinagawa
Shinagawa-ku, Tokyo, 140-0002
Ph. +81 (0)120 576 876
Fax +81 (0)3 5495 7789
jp_info@technogym.com

CHINA

OFFICES & SHOWROOM
4th Floor, No.1 Building
No.881 Wuding Road
Jing An District, Shanghai
200040, China
Ph. +86 21 5888 6355
Fax +86 21 5888 6950
chinahome@technogym.com

HONG KONG

OFFICES & SHOWROOM
35/F, Suite 3509-11
25 Canton Road,
The Gateway Tower 2
Tsim Sha Tsui, Kowloon, Hong Kong
PH. +852 31162622
FAX +852 31162625
info_hk@technogym.com

OTHER COUNTRIES

OFFICES & SHOWROOM
Via Calcinaro, 2861
47521 Cesena (FC), Italy
Ph. +39 0547 650111
Fax +39 0547 650555
home1@technogym.com

website

www.technogym.com



The Wellness Company

technogym.com