

## Ergonomic Chair

The development of technology has largely changed the way we work today. 20 years ago, you may need to stand all day working on the assembly line. Nowadays, you probably spend all day sitting in your office in front of a computer. While standing all day can make you tired easily, sitting all day can defiantly create problems to your spine and back. Therefore, it's important to have an ergonomic office chair that supports the lower back and promotes good posture.

People often ask what type of ergonomic chair is the best. The answer is easy though. No one type is the best. The best one is the one that best fits your body. Generally, there are certain features that an ergonomic chair posses, which include adjustable seat height, sufficient width and depth, lumbar support, a wide back rest and a adjustable armrest. Besides the features mentioned above, the chair should be able to swivel to let you change your reach and line of vision with less body twisting, but can feel unstable if you are doing precise work with your hands.