

Ergonomics and movement



For active  
and healthy working

se:fit actively fosters  
healthy movement  
and the change of  
posture at work.



[www.sedus.com](http://www.sedus.com)

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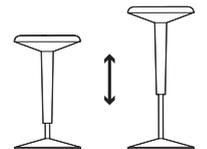


se:fit  
Bringing more  
movement into the office.

What is the best  
position to work in?  
Sitting or standing?



The best posture is always  
the next one you switch to.



# Dance the samba in the office

se:fit makes it easy to enhance movement and add variety into every working day.

## Standing or leaning.

The perfect perch for working at a height-adjustable desk or high desk.



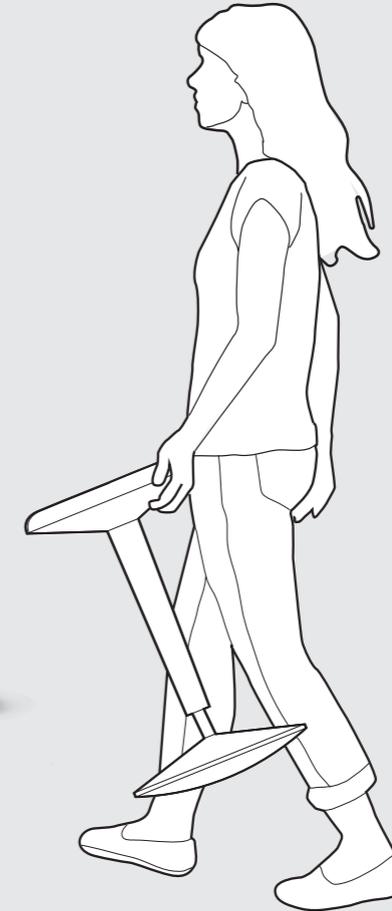
## Collaboration.

The portable se:fit stool enables spontaneous collaboration with colleagues.



## Designed for comfort and stability

The concave seat and the sloping front edge ensure lasting comfort and secure support.



## Sitting comfortably.

A temporary alternative to swivel chairs encourages a change of posture.



## Intuitive and easy to adjust.

Ergonomically positioned controls are intuitive and stepless adjustable for every situation.

## Always a good match.

The height can be adjusted from 52 cm to 82 cm, opening up a wide range of possibilities.



## Fits in everywhere.

se:fit is available in two stylish colours.



White

Black

## Easy to take anywhere.

The se:fit can be easily carried in just one hand thanks to its grippable edge.