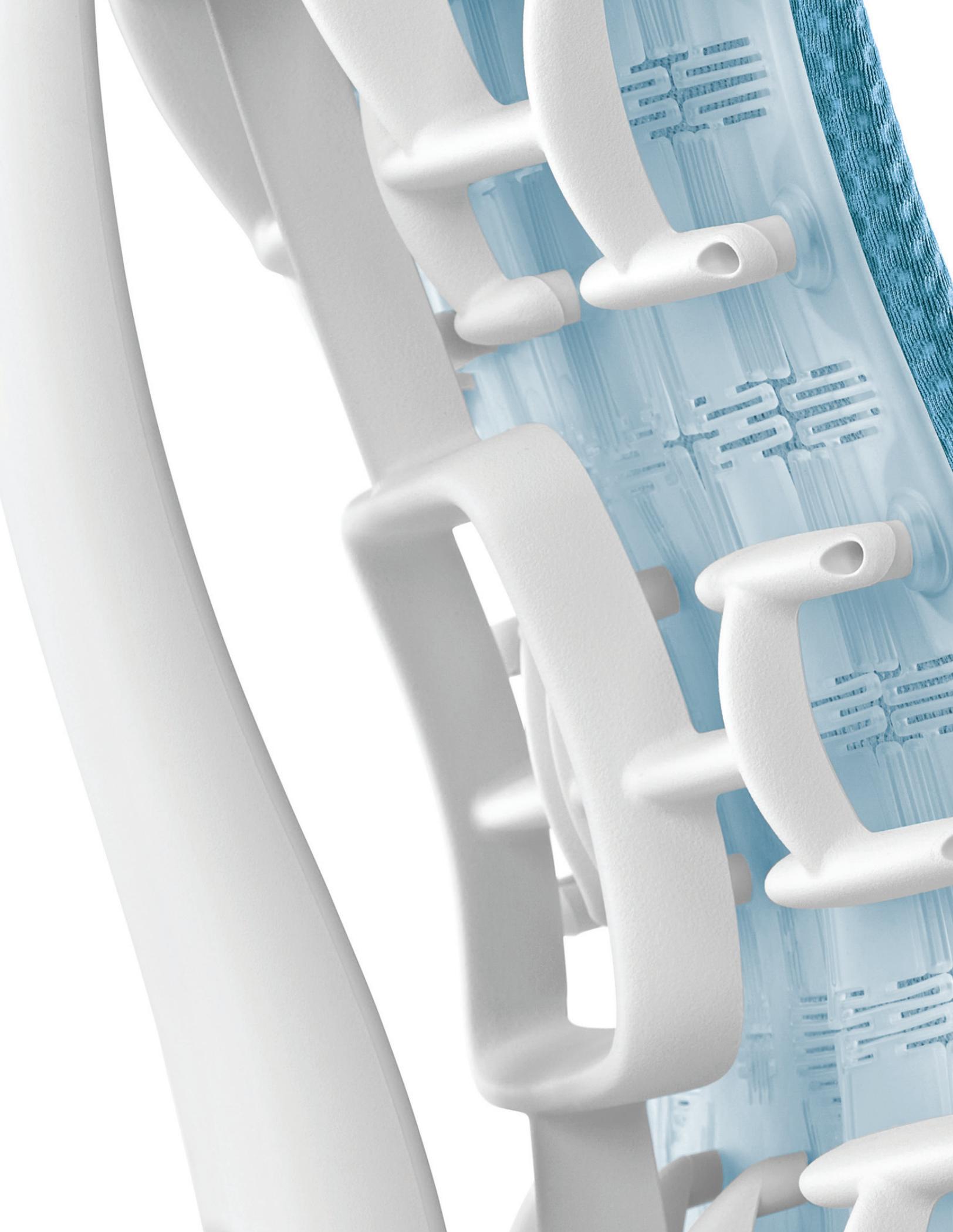




Embody® Chairs







**HermanMiller**

## **EMBODY CHAIR**

### **How Do You Sit?**

That's a question you're unlikely to ask; it's one we never stop asking. Because we care about how you sit, we keep discovering and inventing new advances to help you enjoy greater comfort, support, and health every time you sit.

As human beings, we know that aesthetics play an important part in our satisfaction with our surroundings, too. That's why we also invest a great deal of attention to the forms our chairs take and your choices for personalizing their appearance.

Our dual pursuit of art and science—a journey of problem-solving, human-centered design we have been on for over 60 years—results in work chairs designed around you.



Shown in Charcoal Rhythm with 91 White frame and polished aluminum base. Also shown: Ethospace® furniture.

### **Healthy Harmony Between Mind, Body, and Work**

What do we do every day? Many of us simply sit, locked into our technology and moving nothing but our fingers. Spending too much time like this can make us stiff and tired because our bodies were made to move.

Embody understands your need to work and your need to move. As our top performance work chair, it was designed specifically to create harmony between your body and your technology. It keeps you alert, keeps you aligned, and keeps your blood and oxygen flowing so your body and brain can stay at their best no matter how long you sit.





Shown in Green Apple Balance with 91 White frame and polished aluminum base.

The seat and back form a responsive surface that stimulates blood and oxygen flow. This reduces pressure on your body and sends more oxygen to your brain so you can stay focused and alert.

### **How Embody Works For You**

Embody keeps you in a neutral, balanced posture as your work, so you stay relaxed instead of tightening up into uncomfortable and unhealthy postures.



The chair back adjusts instinctively to your every move, providing constant support to your lower back. It also lets you sit in a seated recline, which studies show is the healthiest position for people who sit for long periods of time.



Shown in Carbon Balance with Graphite frame and polished aluminum base. Also shown: Ethospace® furniture.



Shown in Berry Blue Balance with 91 White frame and titanium base.

## Performance Innovations



### Passive PostureFit® Sacral Support

PostureFit sacral support prevents slouching, which can compress your discs and prevent spinal fluid from flowing through. Instead, you stay in a healthy seated position, keeping your blood and oxygen flowing and preventing back and neck pain.

### Instinctive Back

The BackFit™ adjustment lets the chair's back embrace your spine's unique curves, holding your head in alignment to your technology and giving you continuous support as you change postures.

### Embody Tilt

Embody's tilt technology keeps your back at a proper angle to the seat, no matter how you move. It encourages your body to move naturally into the most positive seated postures while keeping your pelvis stable.



### Pixelated Seat & Back

Embody's back is designed like yours, with a central spine and flexible ribs. That inner structure is covered with a Pixelated Support™, forming a dynamic surface that mimics the natural movement of your back. The seat combines several layers to create a pixelated surface that responds to your weight and micro-movements. These layers conform to your unique shape, while allowing moisture to dissipate and air to circulate so you stay cool and comfortable.

## Embody® Chair Materials

Embody textiles are meant to enhance, not cover up. Colors pair with two frame colors and three base colors to simplify choice and appeal to universal tastes. Textiles are breathable, translucent and have “loft” for a cushy feel.

### Seat & Back



### Frame



### Base



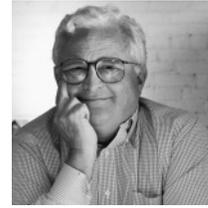
Visit [hermanmiller.com/materials](http://hermanmiller.com/materials) to see our complete textile and materials offering.

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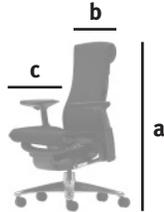
**Design for the Environment:**

- 95 percent recyclable and manufactured using 42 percent recyclable materials
- MBDC Cradle to Cradle<sup>SM</sup> Silver certified
- GREENGUARD<sup>®</sup> certified
- Level<sup>™</sup> 3 certified



**Designers:** Jeff Weber and Bill Stumpf

**Warranty:** 12-year, 3-shift

**General Dimensions**

- a** height: 42–45 in.
- b** width: 29.5 in.
- c** depth: 15–18 in.

**EMBODY CHAIRS** [hermanmiller.com/products/embody-chairs](https://hermanmiller.com/products/embody-chairs)

- Creates healthy harmony between mind, body and work.
- Keeps you alert, keeps you aligned, and keeps your blood and oxygen flowing so your body and brain can stay at their best no matter how long you sit.
- Promotes sitting in the most healthful postures, supporting the body's movements in forward through reclined positions.

**PART OF THE THRIVE<sup>SM</sup> PORTFOLIO**

Our health-positive products help people work at their most safe, effective, and motivated levels, so everyone can thrive.