

NATIONAL SUPPLY ARRANGEMENT

ALLSEATING CATALOGUE

SIDE

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One of the most valuable lessons you can learn is how to sit fit – even in temporary settings.

A guest or stacking chair may seem simple, but there are many ways you can sit actively to keep your body and mind engaged.

The best thing to do to stay productive during the day is to stretch after every hour of sitting. Here are a few easy arm stretches from ergonomist Iris Sokol that you can do to stay active in your chair.



VISIT [ALLSEATING.COM/ERGONOMICS](https://www.allseating.com/ergonomics) FOR MORE TIPS AND INSIGHTS FOR SITTING FIT AND BEING AT YOUR BEST!

INERTIA SIDE

Inertia Side delivers all the contemporary design details as its Task and Conference counterparts. Inertia Side is the ideal companion for creating integrated, cohesive work spaces.



INERTIA UPHOLSTERED SIDE CHAIR WITH ARMS – STACKING

Dual Upholstery
Ganging Brackets and Casters Available
Stacking and Non Stacking Models Available
Model No: 79054-WA

Features Canadian content and green chair recognition
Contact your local representative for Search Criteria



INERTIA UPHOLSTERED SIDE CHAIR ARMLESS – STACKING

Dual Upholstery
Ganging Brackets and Casters Available
Model No: 79054-NA

Features Canadian content and green chair recognition
Contact your local representative for Search Criteria



INERTIA MESH SIDE CHAIR WITH ARMS – STACKING

Breathable Back with Fabric Seat
8 Mesh Colours Available
Ganging Brackets and Casters Available
Model No: 77054-WA

Features Canadian content and green chair recognition
Contact your local representative for Search Criteria



INERTIA MESH SIDE CHAIR ARMLESS

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