





ACTIVE SITTING
MOVEMENT
HEALTH
RELAXATION
WELL-BEING





LIVING MOTION

Modern living means mobility, change, and acceleration. Everything around us is in motion. The only thing that stays in place is us – and increasingly, our society is becoming a seated one.

If we do not move our bodies, we lose muscle tone, our posture deteriorates, and we tend to lose spirit and motivation. Let's get back to real everyday living, which will do us good. And let's start with how we sit.

ONGO® – get on & go. Putting our lives in motion is the ONGO® philosophy. Our goal: to make it easy and fun to build exercise into our everyday lives, and to enhance people's well-being and energy levels without stress.

Timeless design, outstanding craftsmanship, and high-quality materials are the hallmarks of everything developed by ONGO®.

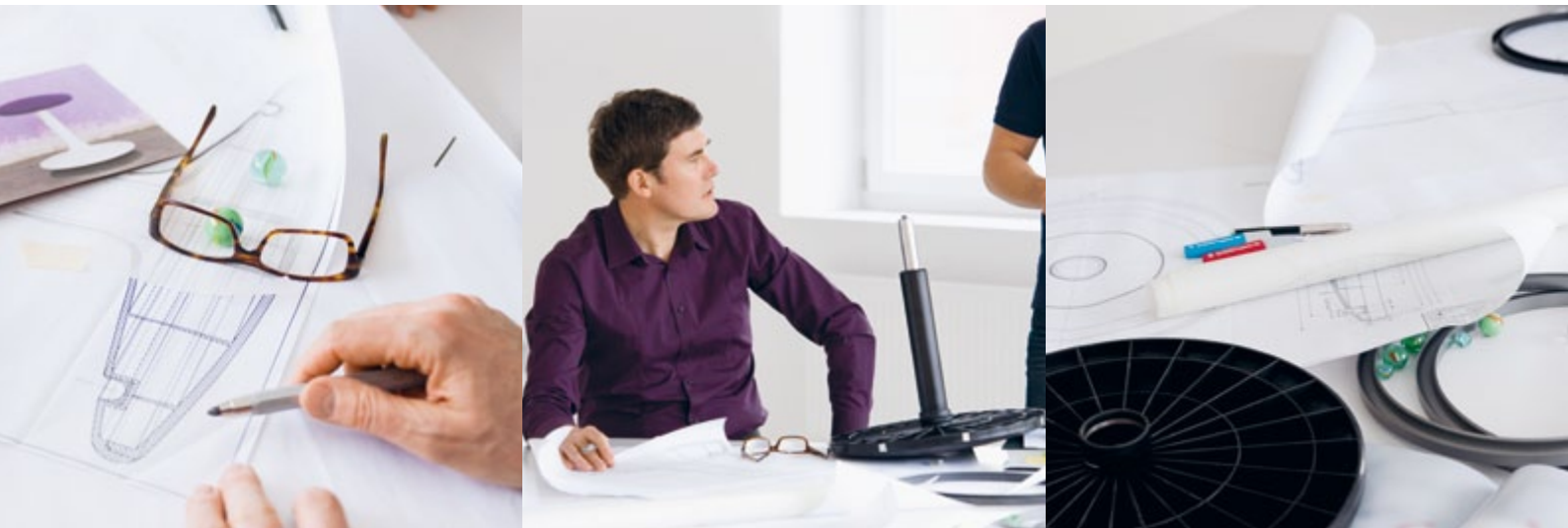




ONGO® SEAT – ACTIVE SITTING WITH FEEDBACK

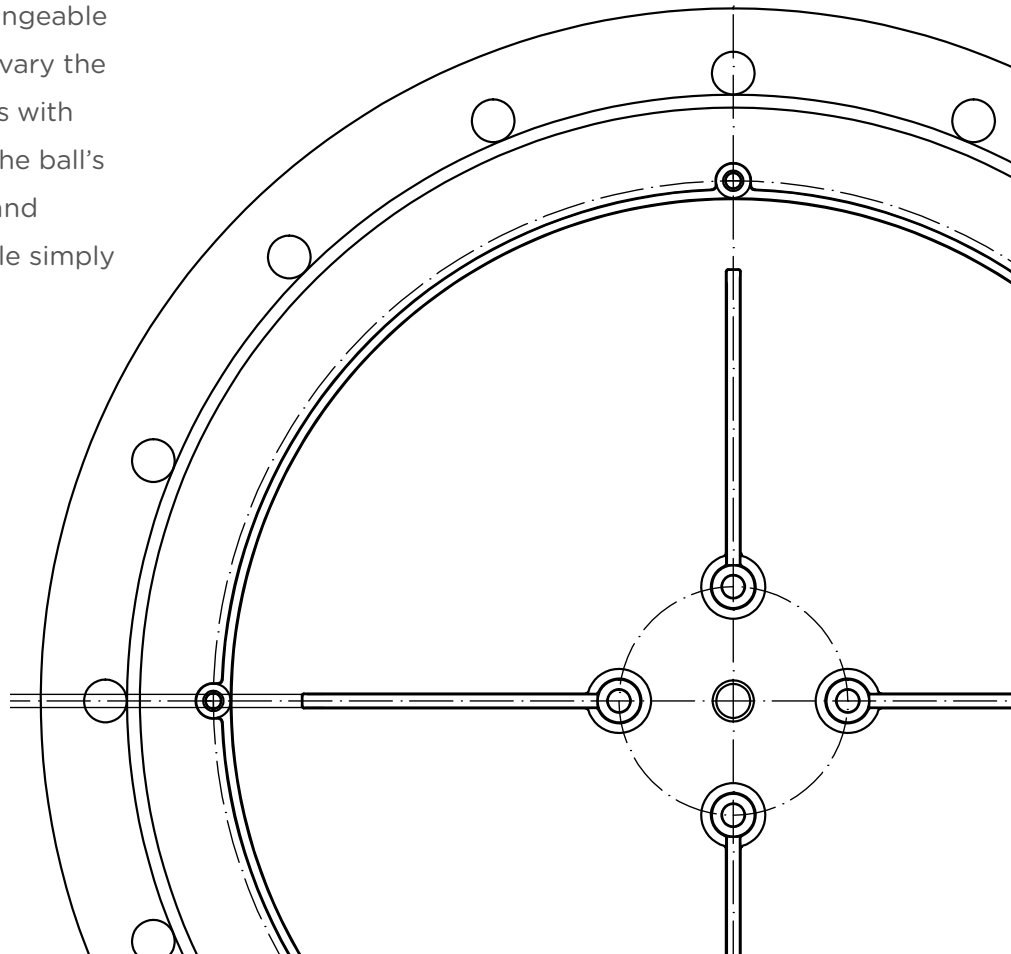
Much of modern life takes place in a seated position – although the human body is designed for movement. The ONGO® Seat strikes a balance between these apparently conflicting needs. Naturally, you can sit on it. But you can also move on it: The curved base responds to any shift in weight, activating the body's musculature. The ball track built into the foot of the ONGO® Seat gives acoustic feedback on every movement.

It's time to say goodbye to unhealthy habits of sitting still: When you hear the ball humming along the track, you know you're moving in the right direction. The ball track's feedback function makes the ergonomically designed stool an innovative piece of fitness equipment. Plus, exercises designed specifically for the ONGO® Seat let you focus on practicing active sitting.



“All I wanted to do was enjoy healthy seating, but I couldn’t find anything that looked good at the same time. So I decided that I would simply invent the perfect stool myself.” Eberhard Lenz

For that extra measure of flexibility, you can choose among three interchangeable balls (steel, glass, and rubber) to vary the level of difficulty for your exercises with the ball track. When you master the ball’s motion, you will relieve tension and strengthen your muscles – all while simply sitting.









THE BACKBONE OF GOOD HEALTH

Without exercise, the muscles we need for the mobility of the spinal column waste away. If the body does not move enough, the spinal disks do not receive an adequate supply of nutrients. Only if the spinal muscles are regularly flexed and relaxed again is lymph able to move into and out of the disks, which act like a sponge, carrying nutrients with it.

There is no one perfect sitting position. Healthy seated posture involves maintaining dynamic balance between successive positions – the opposite of sitting still. The best seated posture is always whichever one is next.



Healthy sitting accommodates the human body's entire spectrum of movements, giving the body a three-dimensional basis on which movement is possible in all directions.

- **Active sitting** builds and strengthens the muscles that maintain good posture and alignment. Moving the muscles of the back and their “opponents” in the abdomen enhances bodily posture and relieves spinal tension.

- **Improved posture** increases the body's space for internal organs, frees up the diaphragm, and optimizes breathing.

- **Physical activity** enhances mental performance through what is called epigenetic activation and inhibition of specific genes: Neuronal activity in the brain increases, memory is sharpened, and blood circulation to the hippocampus, which is essential to good memory function, is enhanced.

- **Integrating movement** into a seated position stimulates the muscles to flex and relax dynamically as they alternately engage and disengage. While they are disengaged, the blood vessels expand. Circulation to the muscles increases, and they are supplied with oxygen.







A FEW MINUTES OF EXERCISE IS ALL IT TAKES – THE ONGO® MOVE

Of course, you can do it for longer if you wish. But even just 6 to 8 minutes of regular training with the ONGO® Move exercises will improve your mobility – a fact that has been confirmed in a medical report from the Institute for Movement Analysis at Kaiser-Karl-Klinik in Bonn, Germany.

Exercising with the ONGO® Move is suitable for anyone, from couch potato to top athlete. You can set your own goals and benchmarks with these exercises, according to your base level of physical fitness. With the ONGO® Move exercise program, you can strengthen your back muscles, relieve tension, and improve posture and alignment. For anyone who does not exercise much on a day-to-day basis, active sitting will show benefits in terms of attention and energy after just a short time.

Use the ONGO® Move exercise program to build spinal training into your everyday life in a fun way, at home or at the office. All of the exercises for the ONGO® Seat are posted at **www.ongo-move.eu**.



Starting position: Sit upright on the ONGO® Seat. Choose the seat height so that your legs form a slightly positive right angle (a bit over 90°). Place your feet flat on the floor with the toes angled slightly outward. Place your legs hip-width apart and keep your back straight.

HULA HOOP

Slowly begin to move your pelvis in a circular motion, causing the ball of the ONGO® Seat to move evenly. First rotate your hips to the right a few times, then switch and do the same to the left. Gradually increase the size of the circles, continuing to look straight ahead. Listen to your ONGO® – when you move evenly, you will hear the ball humming evenly as well.

Ball: The ball hums in an even-toned circle

🕒 1 min



STRETCH THE SHOULDER MUSCULATURE

Extend both arms to the sides at shoulder height with palms facing downward. Alternate moving each arm out to that side as if someone were pulling on your extended hand in the same direction. As you do so, let your shoulders open up with the sideways motion. When you do this exercise, keep the ONGO® Seat still and move your upper body only.

Ball: The ball lies quietly between your feet

🕒 30-60 sec



PELVIC TILT (back and forth)

Tilt your pelvis to the front and back without changing your upright seated position. As you tilt your pelvis forward, draw your navel inward. When you tilt your pelvis backward, allow your spine to assume a slight curve. Gradually increase the speed at which the ball travels by intensifying your pelvic movements in combination with your upper body's flexion and extension strength.

Ball: The ball hums in an even-toned circle

🕒 30-60 sec



POWER HOUSE

Sit straight upright, imagining that an invisible thread extends upward from your seat to the top of your head. Allow your hands to rest loosely on your thighs. Now incline your upper body forward slightly, maintaining a straight line, and hold the position for 10 seconds. Then, continuing to maintain a straight posture, incline your upper body backward slightly and hold this position for about 15 seconds. As you do this exercise, note how your back and stomach muscles work together. Repeat several times.

Ball: The ball lies quietly between your feet

🕒 2 min











MY ONGO®. WHEREVER YOU WANT. HOWEVER YOU WANT.

The ONGO® Seat does your body good. And it looks good, too. Its innovative features and timeless design mean that the ONGO® Seat is perfectly placed anywhere: at home, at the office, in medical offices, studios, and public spaces. Wherever you want to sit more actively and enhance your health – and have fun at the same time!

My ONGO® – choose your ONGO® Seat to meet your own individual wishes.

- Choose any combination of seat cover (various colors & materials), body (black or white) and ball track (black, white, or silver)

- Height adjustable with a high-quality gas spring

ONGO® Seat 42–64 cm (16.5–25 in.)

ONGO® Standing Seat 55–77 cm (21.7–30.3 in.)

- Easy to handle: lightweight (< 6 kg or about 13 lbs) with recessed grip under the seat for carrying

Play around with creating your ONGO® Seat! All colors and available combinations are featured in the configurator at **www.my-ongo.eu**.

WHERE WE STAND (AND SIT!)

To us, ensuring perfect quality and sustainable design, production, and distribution is a high priority.

- Long product lifecycles due to timeless design and use of high-quality materials
- Minimal use of raw materials and natural resources through optimized use of materials
- Streamlined production processes and low transportation weight cut down on resource use for transportation
- Design and material labeling accommodate recycling requirements
- ONGO® GmbH accepts used stools for recycling

Quality "Made in Germany":

The main components of the ONGO® Seat are produced at a high-quality, ISO-certified plastics processing plant in Germany, where they are assembled with additional components according to customer requests and shipped directly.



