

# Move

varier®

NEAT™ stands for the science of Non-Exercise  
Activity Thermogenesis, developed by Mayo Clinic.

NEAT  
Certified

# Move

Sit strong, stand easy

Designer: Per Øie

## Quick-Ship Options

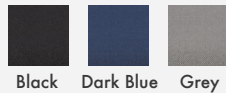


### WOOD

Natural lacquered ash

### UPHOLSTERY

Revive fabric



Black Dark Blue Grey



### WOOD

Black lacquered ash

### UPHOLSTERY

Revive fabric



Black

### MEASUREMENTS

Seat height: 22-23" Length: 15"

Seat width: 16"

### OPTIONAL ACCESSORIES

Rubber sole

Glow

## WARRANTY

5 years for any manufacturing defects, excluding normal wear and tear

## MOVE IS NEAT™ CERTIFIED



Consistent movement throughout the day, however small or

inconsequential it might seem, can add up to big health benefits. It was this simple idea that inspired Mayo Clinic to coin the term NEAT™ or Non-Exercise Activity Thermogenesis.

The study looked at 30 individuals of varying age, body type, and gender, and compared their activity on a Move as compared to a traditional office chair. The test results showed that using a Varier Move increased thermogenesis (caloric burn). As a result, the Varier Move is now NEAT™ certified.

## SUSTAINABILITY

In Norway, it's a prerogative to protect nature. Varier is proud to be part of a culture that invests in ethical practices that help turn profits into value for future generations. Today, the majority of our components are made from fully recyclable materials. Varier meets or exceeds all local sustainability regulations. In addition, the production process at Trio Line, Varier's long-standing manufacturing partner, has been optimized through strict implementation of lean and six sigma principles to minimize waste. Feel confident that when you buy Varier products you take part in a journey towards a sustainable future.

Move is a classic. It was designed in the 80s by Norwegian designer, Per Øie, and has since set the status quo for non-conventional sitting. It has a distinct design that is not only recognizable, but also functional. It provides your body support for continuous movement while sitting or standing. Move is an ideal work chair and complements any height adjustable desk. Add a Glow to your Move to track your movement and count the calories you burn.

