

*Why should people sit in the **HARACHAIR**?*



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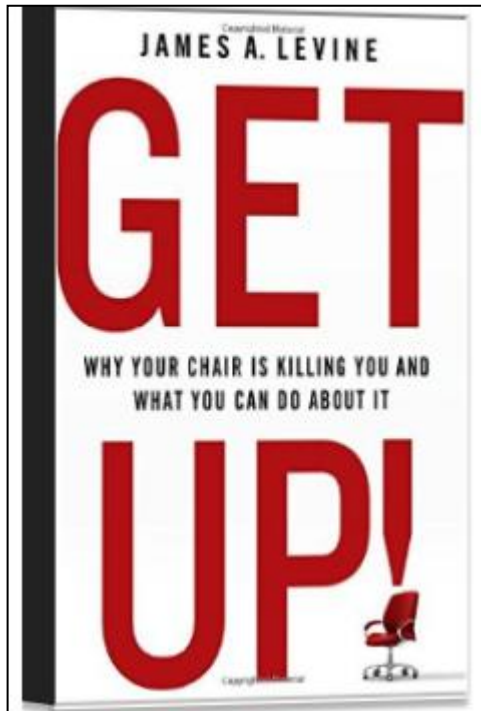
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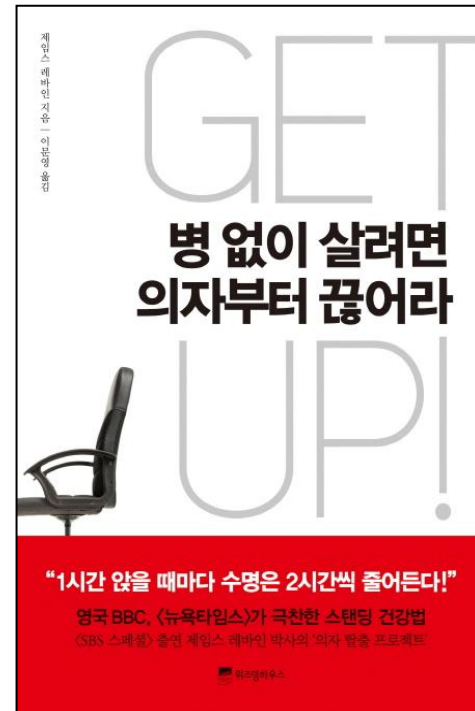


Dr. James Levine

Dr. James Levine of Mayo Clinic lab in the US argues in his book that 'Sitting hurts more people than smoking & every hour we sit, two hours of our lives walk away.'

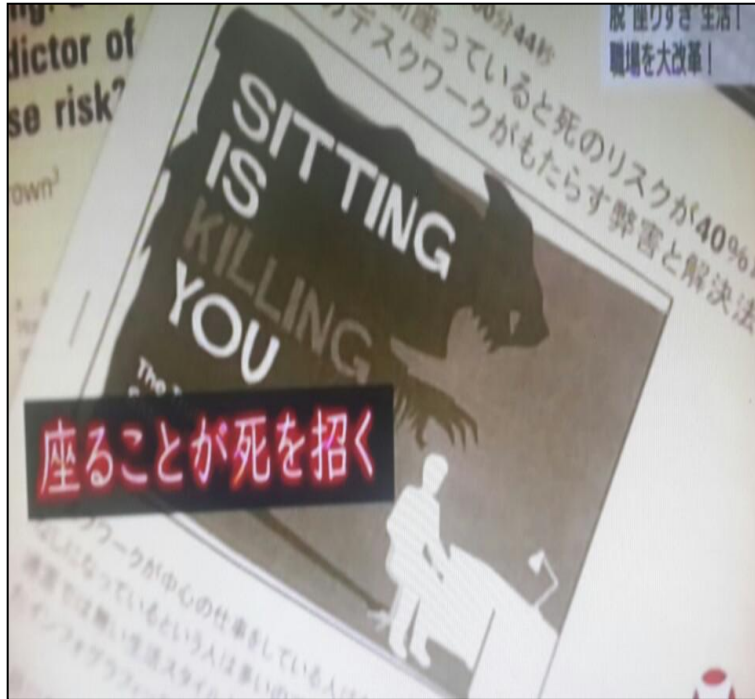


Written by Dr. James Levine



Korean translated book

There are lots of news & researches reporting the bad effects of long sitting recently.



Warning: Sitting is the new smoking

TNN | Jan 19, 2015, 12:00 AM IST

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Warning: Sitting is the new smoking (Thinkstock photos/Getty

With most of us now spending nine hours a day sitting down, here is looking at how our sedentary modern lifestyle is fast becoming a ticking health time bomb

Are you sitting comfortably?
You might not be that comfortable by the time you

A long sitting can cause high blood pressure, diabetes, arthritis, cancer and etc.

June 17th, 2014
10:49 AM ET

Sitting too long may increase your cancer risk

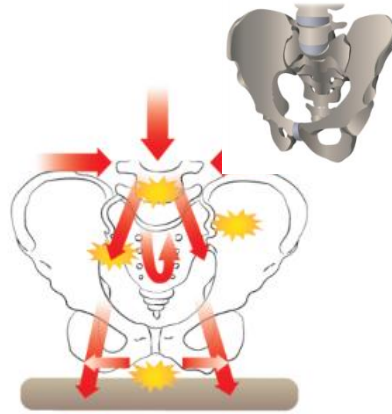
If you're spending a lot of time sitting every day, either in front of the TV or at work, you may be at higher risk for developing certain types of cancer, according to new



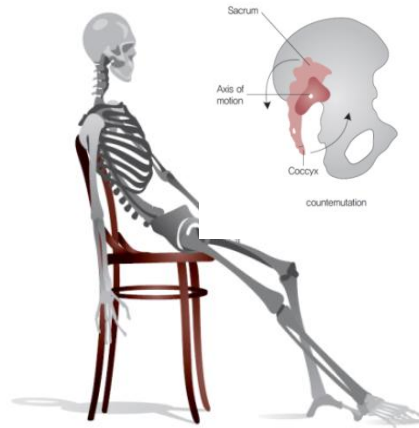
General sitting posture



Back pressure is so bad for your back bones and spines



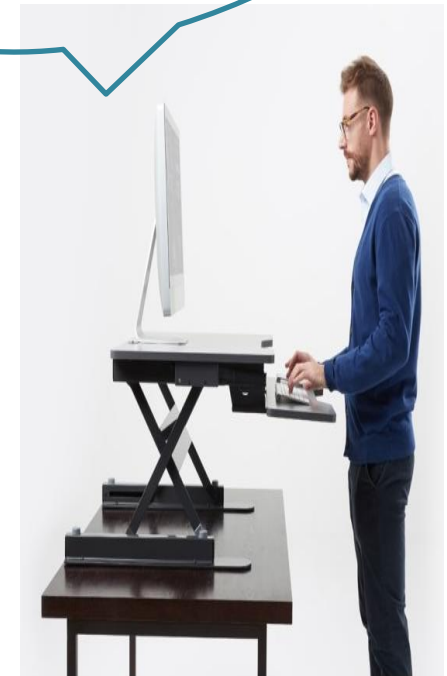
The pressure on pelvis increases



Hard to sit in the right posture because your tailbone touches the seat & get pressured when you sit in a single seat chair.

Your intervertebral disc is not good due to **slump sitting**

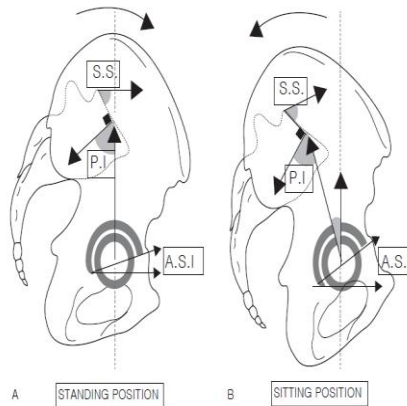
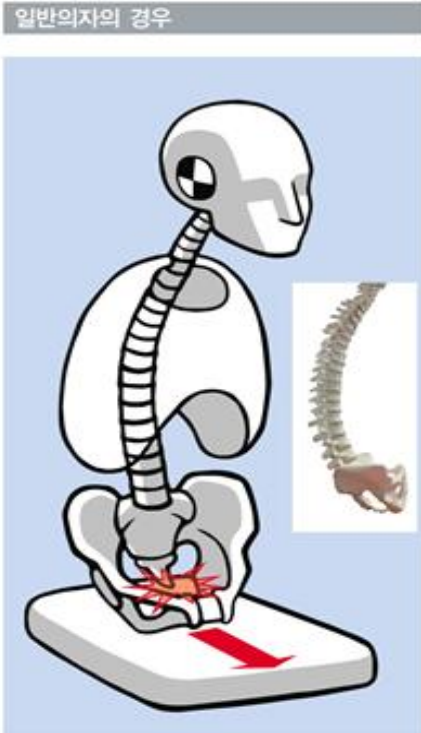
BUT, can you work all day long standing without any problem???



So, standing desks are currently on the market that are suggested to be used by chair life people alternatively.

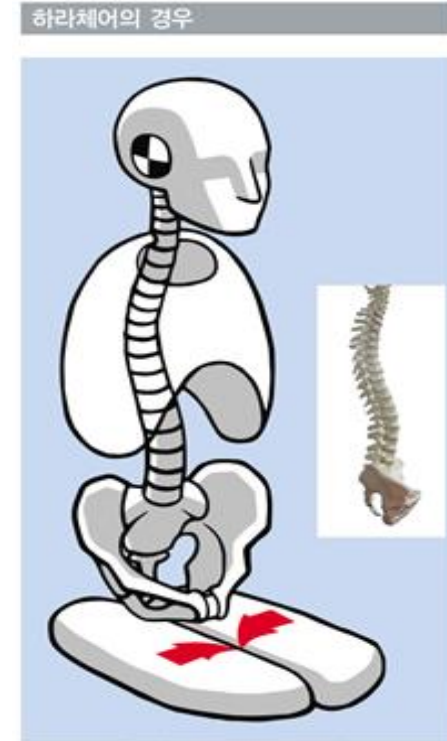
HARChair Feature 1

When sitting in a conventional chair



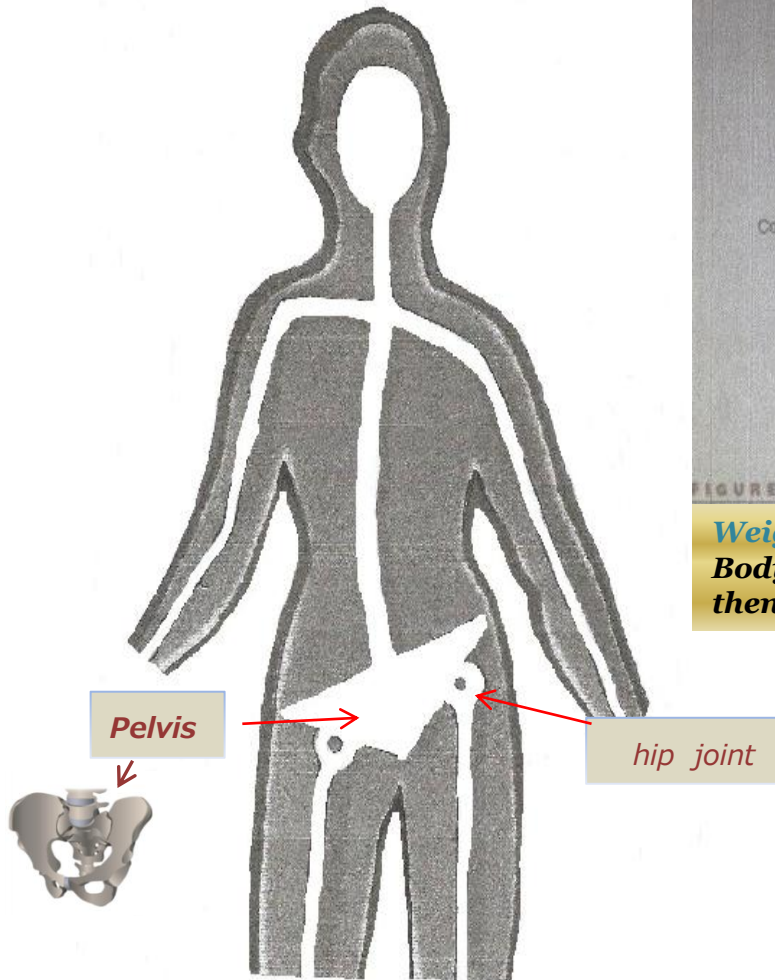
1. It's hard to maintain to sit in a right posture.
So, back spinal S line shape collapses
2. Possibility to have an intervertebral disc disease.

When sitting in the HARChair



1. **HARChair** makes it possible to sit in the **right posture**
Then, the original **S line shape** spine is maintained.
Also, **spinal protection** is possible.
2. **Prevent from lumbar intervertebral disc.**

HARChair Feature 2



Pelvis is an inverted triangle

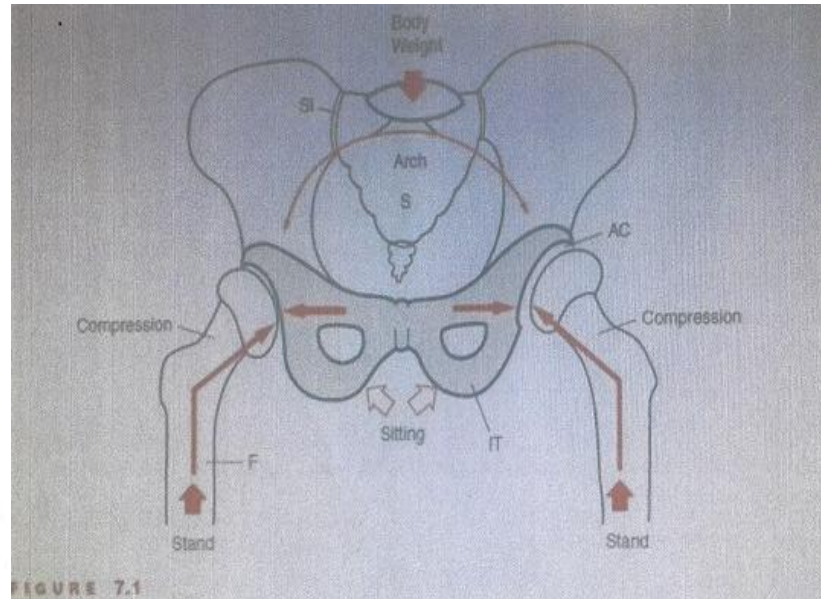


FIGURE 7.1

Weight of bearing of Pelvis ;
Body weight is borne on sacrum and then transmitted through sacroiliac.



The moving two seats of HARChair support our pelvis in each other side that makes our **pelvis a stable triangle shape**. Also, it makes possible to **sit in the straight right posture**. HARChair is the only one chair with this feature in the world.

HARChair Feature 3



*Most of chairs on the markets are consist of **2 parts with back and a single seat.***



*HARChair consists of **3 parts with back and two separate seats.** It makes more comfortable and stable to our body.*

HARChair seat pressure distribution mechanism.

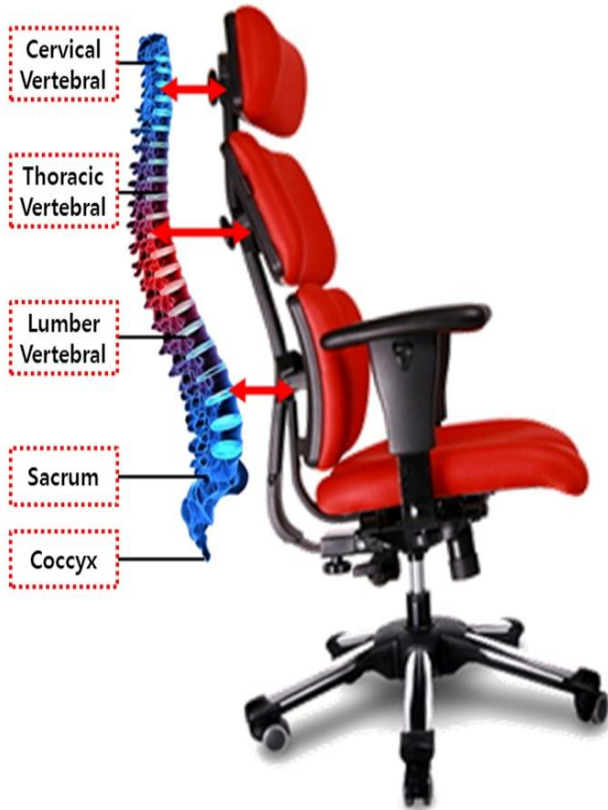


HARChair two seats

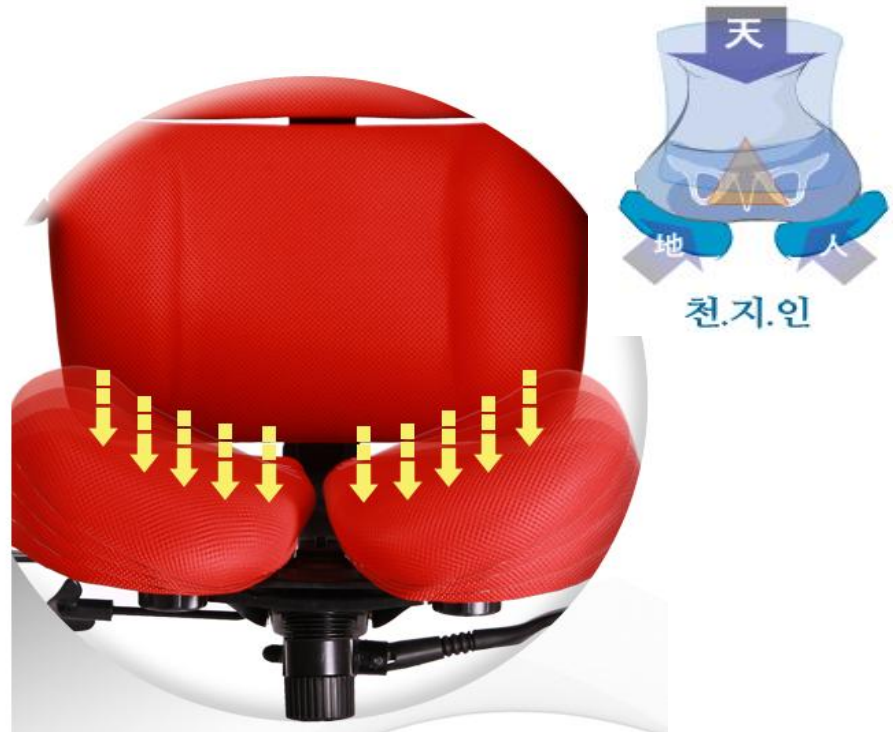


HARChair one seat

Now, 'YOU DO NOT NEED TO GET UP'
if you sit in the HARChair

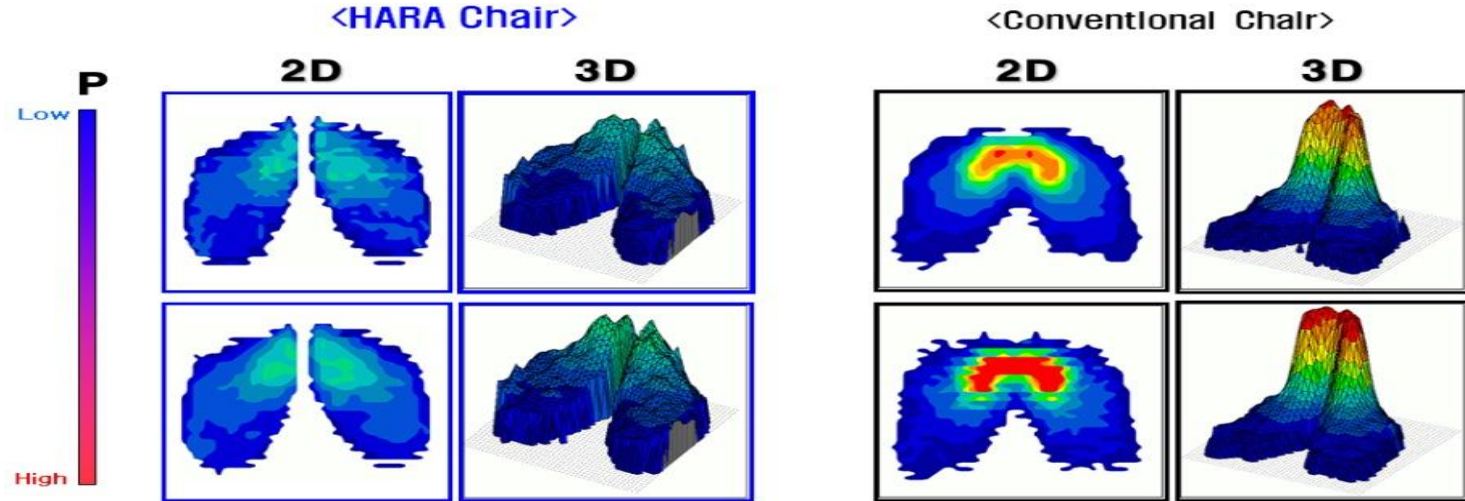


HARChair is optimized to human body structure.



HARChair seats move vertically according to the weight of the upper human's body. It's the world first innovative chair.

○ Seat Pressure Test



No sitting pressure on pelvis

(Korea Orthopedics & Rehabilitation Engineering Research Center)

Sitting pressure on pelvis

- **HARChair** has the world first seat pressure distribution system .
- **HARChair** is good for intervertebral disc or low back problem.
- **HARChair** provides better air & blood circulation in the perineum.
- **HARChair** helps prevent from diseases caused by chair life.
- **HARChair** is being registered as an '**Excellent Product**' & '**Hi Seoul**' brand - (The excellent company brand of Seoul)' by Korea government.
- **HARChair** is being exported more than 10 million US dollars to other countries such as Germany, Denmark, US, Japan, Singapore, Russia, Thailand and etc.

HARChair on Media worldwide



Bill Kizorek, an international video producer who has worked with Oprah, 20/20, the BBC and all the major TV networks, spends hours a day looking over videos and now spends those hours in his favorite chair (HARACHAIR) ever.

HARChair with Mr. **Bill Kizorek**, a famous international video producer, in USA.

[성공다큐 최고다] 학원 강사에서 기능성 의자 전문기업 CEO가 된.. 하라체어 김선환 대표

MBN 일렉 16.04.25. 10:15 (수정 16.04.25. 10:15)

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가 가



HARChair on Korea TV

[성공다큐 최고다] 위기의 순간, 포기 대신 수출을 택한 하라체어.. 김선환 대표

MBN 일렉 16.04.25. 10:16 (수정 16.04.25. 10:16)

02

가 가



대부분의 현대인들은 생활 속에서 장시간 의자를 사용하고 있다. 하지만 좌식 생활을 하면서 늘 바른 자세를 유지하기란 어려운 것이 사실이다. 그래서 이런 기존의 의자가 가진 문제에 과학을 더해 해결한 사람이 있다. 바로 기능성 의자 전문 제조 업체 '하라체어'의 '김선환' 대표가 그 주인공이다.

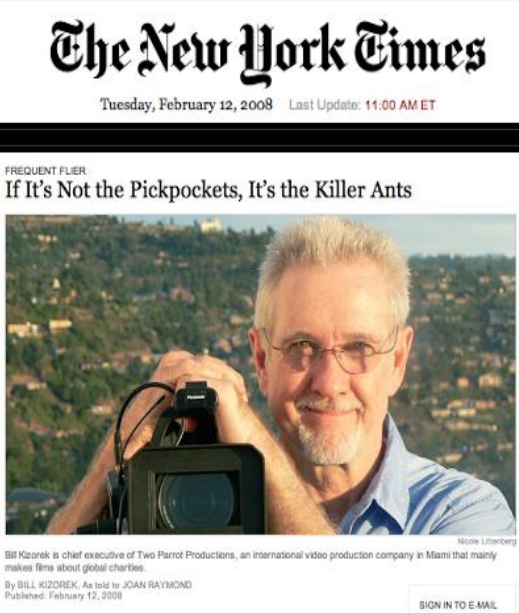
harachair



HARChair
on Thailand TV

A famous producer in US, Mr. Bill Kizorek who has worked with Oprah Winfrey loves HARAChair so much. So, he allowed us to use his photos and words. He bought a HARAChair himself.

New York Times features Bill Kizorek



The New York Times
Tuesday, February 12, 2008 Last Update: 11:00 AM ET

FREQUENT FLYER
If It's Not the Pickpockets, It's the Killer Ants

Bill Kizorek is chief executive of Two Parrot Productions, an international video production company in Miami that makes films about global charities.
By BILL KIZOREK, As told to JOAN RAYMOND
Published: February 12, 2008

SIGN IN TO E-MAIL

As a video producer, mostly of films about global charities, I travel all the time. In the last 10 months, I worked in Jordan, Ghana, Cambodia, Thailand, Congo and Rwanda.

According to the Travelers' Century Club and its "official list of countries," I have been in 150 countries. But according to the "official list of nations," published by International Travel News, I have been in only 108.



"I love my Hara Chair. I use it every single day. I never get a backache.

It is extremely comfortable. I even have a short video I can send you where I am talking about it"

- Bill Kizorek

Thank you.

*Hara Tech Co., Ltd. will be keep going for
better healthy life of human being.*