

An interactive new gadget to improve posture while tracking your progress

At Balance Interiors, we aim to create engaged and aspirational workplaces with correctly fitting ergonomically designed furniture to ensure productivity, energy and improved workplace wellness.



POSTURE PERFECT



CONTACT US

FACTORY 6/126 MERRINDALE DRIVE
CROYDON SOUTH, 3136
MELBOURNE, AUSTRALIA
PH: (03) 9761 4555

WWW.BALANCEINTERIORS.COM.AU



UPRIGHT TRAINER

BALANCE INTERIORS



Why the Upright Trainer?

If you're like us, you will have noticed how the modern day workplace is causing us to constantly be in a hunched position. The result? Back pain, low energy and lessened productivity.

With 50% of Australians being in sedentary roles, and 80% of us reporting back pain, now is the time to do something about it - before it's too late!

POSTURE PERFECT



WHAT IT IS

The Upright Trainer is your posture companion that sits via an adhesive strip between your shoulder blades, vibrating every time you slouch. It connects to your mobile phone via a personalised app, giving you daily reminders and reports while encouraging you to sit; stand and even work-out, straighter!

HOW IT WORKS

While barely sitting above your skin, the concealed device will give you a gentle buzz in 'training mode' to let you know your posture is failing. While in 'tracking mode', you will get a daily run down of when your posture was good and bad so you can see where and when you need to improve.

WHY IS POSTURE IMPORTANT?

According to News Daily, Australians are spending one third of their day in front of a screen, which often means rounding forward to see it, and allowing a deep, unnatural curve to form in the spine. Resulting in unforgiving back pain over time, this is the number one reason for missed work costing billions of dollars in lost productivity per year.

WHEN WILL I NOTICE RESULTS?

The benefits are enormous in all areas of life, and to feel them - you just have to get started. You will notice improvements such as improved posture, energy, mood and a of course, less back pain. Not convinced? Ask our sales team for a real life consultation!