

**Commit to your own health and wellness.** You can break the cycle of unhealthy static sitting with SitTight by applying two new approaches to sitting: *Active Sitting* (the ability to move while sitting) and *Balanced Active Sitting™* (using core strength and good posture to balance on your center of gravity). Progressing from Level 1 (new user) to Level 2 (intermediate) to Level 3 (expert) will happen over a period of time as your core strength, balance and fitness level increase with use.

### Level 1: Active Sitting - with feet on the floor.

As a new user, you will be starting out at Level 1 (easiest). Check to make sure the air pressure in the air bladder (partial ball on the bottom of the chair) is very low. Use the air pump located under the footrest platform to add air pressure (by pumping the ball) or reduce air pressure (by opening the round valve on the air pump and pushing on the air bladder). The air bladder should feel very soft to the touch.

Position the SitTight in front of your desk and sit down from the side WITH YOUR FEET ON THE FLOOR. The seat is designed to be used saddle style or sidesaddle. Use the height adjustment lever to raise or lower the seat to a comfortable level. Turn and face your desk while holding on to the edge of the working surface. **With your feet on the floor, move your weight from side to side and front to back. You should feel the bottom edge of the footrest platform stop you from tipping more than 15 degrees from your center of gravity. It is important that you experience the sensation of the footrest platform protecting you from tipping too far.** Focus on maintaining good posture by sitting up straight. You will feel your core tighten up as your body adjusts to sitting in a chair without a backrest. Most new users find that they need to maintain this Active Sitting position for 20 to 30 days before their core strength improves enough to allow them to move to Level 2.



### Level 2: Active Sitting - with feet on the platform of the SitTight.

Level 2 is achieved by moving your feet from the floor onto the footrest platform. You should start the process by holding on to the front edge of your desk for stability until your body has adjusted to the increased level of balance this requires. This is an advanced level of Active Sitting that will challenge your core strength and balance even further. Most users stay in this sitting position for 20 – 30 days or until they can comfortably maintain this position for six to eight hours a day. **Some of our users choose to stay at this level using their SitTight as an Active Sitting Chair only while focusing on movement as they sit as their primary goal.** Moving up to Level 3 significantly increases your heart rate from core muscle engagement and produces the maximum amount of calorie burn and exercise.



### Level 3: Balanced Active Sitting™

**Level 3 takes considerable effort on your part and should only be done in short sessions until your core strength, balance and fitness allow you to extend to longer sessions for more exercise.**

Start out by sitting on your SitTight with your feet on the footrest platform and, while holding onto your desk, move to a position where you are balancing on the center of the air bladder/ball of the SitTight. You will know that you have achieved this when no part of the footrest platform is touching the ground. Slowly remove your hands from the desk and use body movement to stay on your center of gravity. If you are struggling to stay on your center of gravity, turn the SitTight over and remove some air pressure from the air bladder by inserting the air pump (located under the platform) in the needle valve. Open the valve and push on the air bladder until air pressure is lowered in the ball and it becomes softer. Repeat this process until you can comfortably balance on your SitTight without your hands touching your desk or your keyboard. As your balance and core fitness improve (typically after 20 – 30 days), you can add air pressure to the air bladder to increase the amount of exercise you are getting. The most advanced stage of Level 3 comes when you have added enough air pressure to the air bladder that you must sit up straight with perfect posture in order to balance when you are not touching your desk surface or your keyboard.



Please go to [SitTight.com/Support](https://SitTight.com/Support) for further instructions by viewing our *How to SitTight* video.