



Herman Miller

Embody™ Chairs

For your body and your mind



## EMBODY IS GOOD FOR YOU

You point. You click. You fixate on your computer screen. And you sit without moving for hours. Seduced. Mesmerized. Perfectly still. Your body screams, “Move!”—unless you’re seated in Embody, the first chair to promote healthful sitting by encouraging movement.

Embodly lets you move more naturally so you can focus on your work and think more clearly. In an age of abundant choices, you have a right to good design. When it comes to sitting, why not choose a chair that’s good for your body *and* your mind?



Pixelated Support™ distributes your weight evenly.



Translucent casters add elegance.

## MOVEMENT IS KEY TO GOOD HEALTH

Almost all office work processes have become computer based, which means you’re tied to your computer for longer periods of time, often in strained postures. You become uncomfortable, which can distract your mind and reduce performance.

Movement is key to good health. When you sit in the Embodly chair, its instinctive back adjusts to your shifting positions and Pixelated Support helps keep your blood circulating. Its narrow backrest lets you move your arms freely, encouraging air movement into the lungs for more oxygen to feed your body and your brain.

## SUPPORT THROUGH HARMONY

For superior comfort, Embodly’s Backfit™ adjustment and seat conform to your unique shape and distribute your weight evenly. Embodly has no hard, rigid frames so edges flex and forgive when you make contact.

The tilt—designed especially to support the working recline posture—encourages you to move naturally, keeping your head aligned with your computer display, and your spine in a neutral posture. Embodly creates harmony between you and your computer so you can focus on your work.

## MORE IDEAS FOR YOU

What’s the value of an idea? In an economy where people get paid for their thoughts, keeping your brain at peak operating performance has never been more important.

Embodly is designed to support your body intuitively, allowing you to be undistracted, think more clearly, and be more creative. Through its health-positive benefits, Embodly supports your body, which means your mind is free to come up with valuable ideas.



Embody's back conforms to your unique spinal curve.



Use the joystick to adjust seat height and tilt tension.



Adjustable seat depth fits every body.





Jeff Weber



Bill Stumpf

### FORM = FUNCTION

Designed by Jeff Weber and the late Bill Stumpf, Embody's look communicates its performance. Its human-inspired form, which mimics the spine, is driven by its health-positive features. Its textile—more like a skin than a covering—is not intended to cover up, but to enhance. The textile color palette includes beautiful, contemporary colors that pair with two frame colors and three base colors to simplify choice and appeal to global tastes.

### EMBODY HELPS THE WORLD AROUND YOU

The Embody chair supports Herman Miller's commitment to the environment. It is McDonough Braungart Design Chemistry (MBDC) Cradle-to-Cradle Silver certified and GREENGUARD® certified. Embody has 42 percent recycled content, is 95 percent recyclable, and contains no PVCs.



Choose from two frame finishes—g1 White or Graphite—and three base finishes—Polished Aluminum, Titanium, or Graphite—to accompany Embody's compelling textile palette.

### 12-YEAR, 3-SHIFT WARRANTY

Like all Herman Miller products, the Embody chair is durable for long-term performance and value. As a statement of our confidence in its quality, Embody is covered by the Herman Miller Warranty—a straightforward promise that we stand behind that quality 100 percent. The 12-year, 3-shift warranty covers all standard elements and includes labor on all warranty work.

### EASY OPTIONS<sup>SM</sup> CAPABILITY

Our versatile, flexible products give people real choices. If they need something extra, we can do that, too, from modifying existing products to developing new ones. For more information on our Easy Options capability, please visit [www.HermanMiller.com/easyoptions](http://www.HermanMiller.com/easyoptions).

For more information about our products and services or to see a list of dealers, please visit us at [www.HermanMiller.com](http://www.HermanMiller.com) or call (800) 851 1196.

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