

## **What You Should Know Before Shopping For a Zero Gravity Chair**

*It is important to also note there is more than just a single type of chair. There is the outdoor recliner, an indoor zero gravity recliner and even a zero gravity massage chair that can soothe your back relief even further.*

**July 2, 2010 - [PRLog](#) -- Zero Gravity Chairs Are Designed For Your Health**

A zero gravity chair is a modern style of chair that was originally designed based on information from NASA. When their astronauts would begin their launch towards space, they would have their feet raised above the area of their hearts. This position gave a reduction to the amount of pressure the spine had to endure while traveling. Based on this concept, this ergonomic chair was created.

Anyone that experiences the zero gravity chair, will no doubt notice an improvement on any pain they may be experiencing from their current chair. That is a direct result of the technology used in designing the chairs. Take a moment and review the benefits you can get just by adding one a zero gravity chair to your work or home office environment.

- \* A reduction of pressure on your spine
- \* Muscle Tension will be significantly reduced
- \* Stress normally placed on the heart will be reduced
- \* Better circulation with an increase blood oxygen level
- \* Significantly less pressure on the heart with increased lung capacity

There are of course more benefits to this style of ergonomic chair as well. Those who have poor posture will notice a significant improvement while sitting in them. While you are watching your favorite program, or typing away at the computer, your body will remain in a perfect posture position. This can increase relaxation and provide relief to areas of your body that may be out of line.

Spine discs experience an unloading while you are sitting in the chair. The benefit of this is a reduction in degenerative spinal issues as the fluid is drained from the disc area. As a person increases the amount of load on their spine on a regular basis the spine begins to shrink. During exercise your body increases the amount of spinal fluid that goes into the spine. The neutral position that can be achieved in the zero gravity chair is one of the best ways to get your body to unload.

Another benefit a person gets when using this chair is a relaxed state on the back muscles. When your muscles are relaxed circulation improves and can be delivered throughout the body normally. But when you have a strained muscle the blood flow becomes constricted and your body can't deliver oxygen rich blood as easily. When this happens back problems increase in an individual. Of course an ergonomic chair helps to prevent this from happening and can improve some pack pain.

Since these many of these chairs are lightweight and portable it is possible to set them up anywhere they are needed. The fabric is soft upholstery and it can withstand weather if brought outside, and the coated steel frame has a strong and durable construction that allows enough give without falling apart. Of course you can get lounge chairs made from leather as well.

For the person with serious back issues, the zero gravity chair can help you significantly in an overall improvement in relief.

Visit us online at: <http://www.zerogravitymassagechair.net/>

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