

Artcobell's NXTMOV

As far as movement in classrooms is concerned, we've learned much over the years about "Activity Permissive Environments". In an Activity Permissive Environment, students choose *where* in an area to work and learn depending on the task at hand. They move between areas seamlessly, are more comfortable, and can even learn better and faster. Activity Permissive Environments allow for a variety of postures throughout the school day - standing, sitting, leaning, propping, lying down, rocking, perching, walking - but aside from sit-to-stand adjustable desks and wheels on chairs and tables, there hasn't been much change in school furniture to help promote movement at the individual student level. That is until now. Artcobell's newly designed NXT MOV® seating allows a student to move - that's right *move* - when seated. The student's options for *how* to work and learn, not only *where*, increases.

Thoughtful design and the implementation of moveable features are at the forefront of the NXT MOV chair. The independent seat tilts slightly in 360°, swivels left and right, and the separate backrest flexes. This is a chair that promotes changes in posture - sitting, leaning, rocking, perching - without having to move to a completely different piece of furniture. NXT MOV allows for what we call "micro-changes in posture", which is really just little movements or fidgeting. In an Activity Permissive Environment, fidgeting is encouraged, or at least not discouraged. Even these smaller movements allow for increased oxygenated blood to flow throughout the body and to the brain, increasing student abilities to focus. We now have scientific evidence that our bodies are so connected to our minds that our ability to focus on difficult cognitive tasks is directly linked to adequate physical activity. In short, an active mind requires an active body. And, fidgeting is a natural response. It's something students already do. Let's maximize the benefit of even little movements!

While we still don't really know how much sitting is too much sitting, either for adults or children, we do know the cumulative effects of sitting aren't great. This is mainly due to the body's lack of movement while in a seated posture and the pressure points created by rigid structures that can't mold to and move with our body. Most of the "sitting spaces" that students use lead to static postures. It's difficult for the student to move in/on an immovable object. NXT MOV provides just enough flexibility to let the student move, even when seated.

We found that providing opportunities for movement to students increased energy expenditure, helped reduce disruptive behavior, and increased student academic potential. Children become more restless and inattentive with prolonged static sitting. Active school furniture, like NXT MOV, can reduce disruptive behavior problems and increase students' attention by providing them with a different method for completing academic tasks that break up the monotony of traditionally seated school work.

With designed-in movement, Artcobell's NXT MOV gives students the option to move in seated postures and relieve pressure points that build up stress and cause discomfort. As we know, movement can reduce fatigue and increase focus and attention. Every parent, teacher, and student wants those things!