



Make your chair comfortable|Office chair price in Kerala

If you have always dreamt of having a comfortable office chair during your work. Here office chairs are designed to give you maximum support and stretch so that you can easily work for long hours in front of your computer stretching in between. There are several types of chairs available on online shopping sites such as Flipkart, Amazon, [India Mart](#), etc..where you can find brands such as DZYN, MBTC, and more. If you planning to look at the prices of office chairs in Kerala on these sites you will find different prices and also you are not aware of the materials used in producing these chairs. The best materials used chairs will stay longer the price is fixed on the basis of materials needed in producing an office chair. we manufacture high-quality office chairs with 5 years of guarantee. high-quality office chairs are in demand nowadays.

On the other hand, a rolling office chair gives a modern twist to your styled room. If your comfort chair is of your choice then an ergonomically designed chair is what you really need because of its stretchability and added comfort. So, go ahead and order a comfortable chair for yourself today visit the [office chair price in Kerala](#) for its quality selection at your affordable price.

Is price really matter when your office chairs are already killing your back slowly?

No, absolutely no first I will buy an comfortable chair for myself, what is the use of making money if it's not used to take care of yourself.

Actually, most do not even pay attention to the chair we use for long hours, as it is our part of life, most of our day is spent on office, then considering your self really matters. if you are not taken care we end up with problems.

In the long run, poorly designed chairs can give us pain in our backs. Most of us do not even notice that we are developing these back problems each day. But it is actually very easy and simple to solve these problems with some simple stretches

Here are some simple guidelines to avoid back problems :

- A fitness coach says that stretches are the best way to be moved and the best to avoid the same position for a long time.

- Avoid the constant position: you need to take care of it by standing, stretching, or walking for a few minutes.
- keep in mind your posture
- Focus on your head and neck right above your shoulders. high back office chairs will really help you to support your head and shoulder.
- Stretching on your featured office chairs instantly.
- Keeping your knees at 90 degrees will help your spine
- Stand with your feet in between
- Place your hands at your back for little support.
- Slowly leaning backward helps your back muscles
- raise your arm over your head.
- Place your hands on your thigh for better support.
- Slowly bend to the opposite side
- Pull the knees up toward your chest for the perfect stretch.
- Your hands can be on top of your knee or behind your knee as you feel comfortable.
- Gently lean forward until you feel comfortable

These stretches are really helpful while we are seated. you can also do these stretches if you have ergonomic, flexible office chairs.

Contact us at 9847231888

9746730099

www.thefere.com

MAKE YOUR OFFICE SPACE FEEL BETTER

**office chair price
in Kerala**



9847231888

9746730099