



LUXY OFFICE WELLBEING

English



LUXY

OFFICE WELLBEING

Well-being as a design responsibility

Well-being is not a benefit: it is a design responsibility.

In today's workplace, the body is subjected to long hours of sitting, continuous use of digital devices, and reduced movement. Without adequate ergonomic solutions, lower back pain, neck tension, upper limb disorders, and cognitive fatigue can arise.

Office wellbeing requires a systemic approach: supporting the natural curvature of the spine, allowing for personalized adjustments, and encouraging movement throughout the day. Correct posture is not immobility, but dynamic balance.

For Luxy, designing chairs means integrating ergonomics, manufacturing culture, and design to tangibly improve the work experience.

This guide translates the principles of wellbeing into practical guidelines for designing healthier, people-centered work environments.

Designing wellbeing means designing the future of work.

Luxy Office Wellbeing essentially deals with wellbeing in the workplace, analyzed through the relationship between posture, ergonomics, and workplace design.

In particular, the document:

- explains the scientific principles of correct posture;
- Highlights the risks associated with a sedentary lifestyle and incorrect posture;
- Emphasizes the importance of movement, personalized adjustment, and social interaction;
- Connect every ergonomic requirement to concrete seating solutions.

Nine rules that translate the concept of office wellbeing into applicable design criteria.

Rule 1: Support the lumbar curve

The basis of correct posture

Scientific principle

The spine has a natural lumbar curve (lordosis) which, if not properly supported, tends to flatten during prolonged sitting. This loss of curvature increases pressure on the intervertebral discs and can cause lower back pain and muscle fatigue.

Ergonomic solution

An ergonomic seat must actively support the lumbar region, accompanying the physiological curvature of the back and distributing weight in a balanced manner. A structured backrest, adjustable lumbar support, and synchronized mechanism promote a stable but dynamic posture, reducing the load on the muscles.

Operative chairs with adjustable lumbar support for continuous workstations (Ikigai, Overtime, Smartback, Switch, Neat, Pop).



Ikigai

Rule 2: Align your neck and gaze

Prevent neck strain

Scientific principle

An incorrect monitor position—too low, too high, or to the side of the body—causes prolonged bending or rotation of the head. This leads to overloading of the neck and shoulder muscles, increasing the risk of stiffness, tension headaches, and visual fatigue.

Ergonomic solution

The head should remain in a neutral position, with the gaze directed forward and slightly downward. A seat with a structured backrest and adequate lumbar support promotes natural alignment of the spine, reducing compensation in the neck. In prolonged work contexts, the addition of adjustable headrests can help to further support the upper spine.

Operative chairs equipped with adjustable headrests in addition to ergonomic backrests and customizable configurations ([Overtime](#), [Switch](#)).



Switch

Rule 3: Movement as an ergonomic principle

The best posture is one that changes

Scientific principle

Maintaining the same position for long periods of time, even if it is correct, can cause muscle fatigue and reduce blood circulation. The body is designed for movement: prolonged immobility increases the risk of joint stiffness and lumbar and cervical overload.

Ergonomic solution

An effective seat should not “lock” the body, but accompany its natural movement. Synchronized mechanisms allow for coordinated tilting of the seat and backrest, promoting continuous micro-movements that reduce pressure on the intervertebral discs and keep the postural muscles active. Controlled oscillation supports dynamic posture and improves comfort during long work sessions.

Operative chairs equipped with a synchronized mechanism for continuous use (Ikigai, Overtime, Smartback, Switch, Neat, Pop).

Smartoffice – for executive environments that require dynamic comfort and advanced support.



Overtime

Rule 4: Stability and weight distribution

The importance of correct leg and foot support

Scientific principle

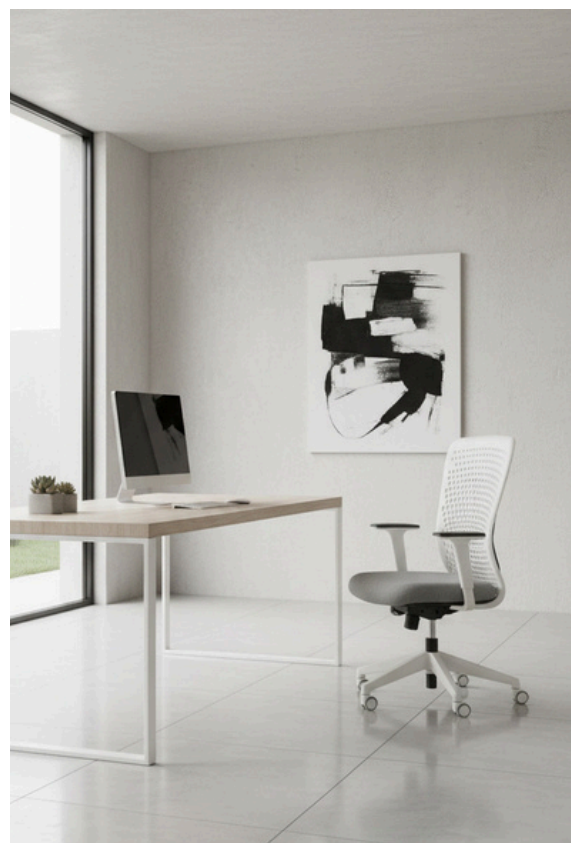
A seat that is too high or incorrectly adjusted can prevent the feet from resting completely on the floor, causing compression under the thighs and reducing blood circulation. An unbalanced weight distribution increases the load on the lumbar area and can cause fatigue and tingling in the lower limbs.

Ergonomic solution

To ensure correct posture, the feet must rest completely on the floor, with the knees at approximately 90° and the thighs parallel to the floor. The seat height must be adjustable according to the height of the user and the desk. In cases where the work surface does not allow for complete support, the addition of a footrest is an effective solution for maintaining stability and correct weight distribution.

Smartback, 24-hour task chair for intensive use.

The models can be configured with optional footrests to ensure complete support even in workstations with non-standard heights.



Smartback

Rule 5: Upper limbs and preventing strain

Reduce tension in your wrists, shoulders, and forearms

Scientific principle

Prolonged use of a keyboard and mouse can cause strain on the wrists, forearms, and shoulders. Incorrect posture, such as extending the wrists or raising the arms without support, increases the risk of tendon inflammation and nerve compression disorders. Lack of adequate support forces the muscles to work continuously to compensate.

Ergonomic solution

Elbows should be at an angle of approximately 90°, with arms close to the body and shoulders relaxed. Wrists should remain in a neutral position, avoiding forced flexion or extension. Armrests that are adjustable in height, width, and depth allow for proper forearm support, promoting stability and reducing muscle tension.

Operative chairs with adjustable armrests and customizable configurations ([Ikigai](#), [Overtime](#), [Smartback](#), [Switch](#), [Neat](#), [Pop](#)).
[Smartoffice](#) – executive chair with adjustable armrests.



Pop

Rule 6: Visual comfort and eye strain

Protect your eyesight to improve concentration

Scientific principle

Prolonged exposure to screens can cause visual fatigue, dry eyes, and muscle tension in the neck. Monitors positioned at incorrect distances or heights force you to tilt your head and adjust your posture, which over time affects your overall well-being.

Ergonomic solution

The screen should be positioned in front of you, with the top edge at eye level or slightly below, and at a distance that avoids visual strain. A chair with a structured backrest and adjustable height helps maintain a natural alignment between the spine, neck, and gaze, reducing compensation and tension.

Executive chairs such as [Smartoffice](#) and [Nulite](#), suitable for a balance between structured ergonomics and essential design.

Operative chairs with ergonomic backrests and customizable configurations ([Ikigai](#), [Overtime](#), [Smartback](#), [Switch](#), [Neat](#), [Pop](#)).



Nulite

Rule 7: Customized adjustment

Ergonomics is about adaptation, not standardization

Scientific principle

Every individual has different anthropometric characteristics. A non-adjustable workstation forces the body to adapt improperly, causing tension in the shoulders, upper limbs, and lower back. Seat height, seat depth, and armrest position directly affect the alignment of the pelvis, spine, and limbs.

Ergonomic solution

An ergonomic seat must allow for intuitive and precise adjustments: height that allows the feet to rest completely on the ground, thighs parallel to the floor, elbows at approximately 90°, shoulders relaxed. Adjustable armrests and seat depth allow for balanced weight distribution and reduce muscle strain.

Operative chairs with advanced height, depth, and armrest adjustments ([Ikigai](#), [Overtime](#), [Smartback](#), [Switch](#), [Neat](#), [Pop](#)).

Executive chairs with height adjustments ([Smartoffice](#) and [Nulite](#)).



Smartoffice

Rule 8: An integrated approach to wellbeing

Seating, space, and relationships

Scientific principle

Wellbeing at work does not depend on a single factor, but on the interaction between seating ergonomics, space organization, and the quality of relationships. Posture, movement, lighting, and social interaction all contribute to creating a healthy and balanced environment.

Ergonomic solution

Designing according to the principles of office wellbeing means integrating operational and executive seating with areas dedicated to breaks and sharing, promoting a balance between individual concentration and collective interaction. Seating thus becomes part of a larger system, capable of supporting the individual throughout the working day.

Italia, Smartoffice and Nulite for executive environments.

Bloom and Aire Jr for shared spaces and break areas designed for socializing.



Italia e Bloom

Rule 9: Micro-breaks and active recovery

Break up static periods to improve performance

Scientific principle

Short, regular breaks during the working day improve blood circulation, reduce muscle fatigue, and promote cognitive recovery. Even breaks of just a few minutes help to reduce biomechanical stress and maintain high levels of concentration.

Ergonomic solution

Designing spaces that encourage alternation between work activities and breaks helps to combat sedentary lifestyles. Dedicated areas with comfortable, informal seating encourage temporary detachment from the workstation and support a dynamic balance between productivity and well-being.



Aire Jr – A functional solution designed to promote community and interaction.



Bloom – Breakout chair with soft, welcoming lines.

CONCLUSIONS

An integrated system of solutions for contemporary work.

Contemporary work requires spaces that can adapt to people, not the other way around. The quality of the work experience stems from a balance between concentration, movement, interaction, and prolonged comfort. In this scenario, ergonomics is not a technical detail, but a structural component of design.

Each workstation must support the body in its natural physiology, reduce overload, encourage postural variability, and accompany the different phases of the day: operation, discussion, break, restart. Similarly, shared areas contribute to the quality of the environment, stimulating collaboration and relational well-being.

For Luxy, office wellbeing translates into a coordinated range of task, executive, and breakout chairs designed to integrate into a coherent ecosystem. Advanced ergonomics, materials research, attention to posture, and design care become complementary elements of a unified vision.

This guide represents a technical and design journey: a tool designed to support architects, companies, and professionals in creating more conscious, functional work environments oriented towards people's real well-being.

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