



# Embody® Chairs

Sitting for long periods of time is often necessary in today's world of work, but it takes a physical and mental toll. Embody addresses this common problem—and is the only chair that actually improves your health while you sit. It sets the benchmark for pressure distribution, natural alignment, and support for healthy movement in ergonomic seating. Designed with the input of more than 30 physicians and PhDs in biomechanics, vision, physical therapy, and ergonomics, the chair remains a favorite among ergonomists and serious sitters.

## Designer

Bill Stumpf and Jeff Weber

## Benefits

- Automatically conforms to the body's micro-movements, distributing body weight evenly, thereby reducing pressure and encouraging movement.
- Creates physical harmony between person and technology with a tilt that supports a deep working recline posture.
- The combination of a central spine, flexible ribs, PostureFit®, and Backfit™ adjustment set a new benchmark for neutral, balanced posture.

## Warranty

12-year, 3-shift

[hermanmiller.com/embody](https://hermanmiller.com/embody)



## Key Features



- Tilt + Kicker**  
Embody's tilt provides natural, balanced motion through a range of posture changes. Its additional "kicker" feature provides an extended recline for stretching.
- PostureFit™**  
PostureFit supports your spine at its lowest point, the sacrum, and reinforces your pelvis, preventing slouching and fatigue while you sit.
- Pixelated Support™**  
A highly engineered matrix of pixels provides targeted pressure distribution throughout the seat and back (for optimal weight distribution, blood flow, and thermal comfort).
- Backfit™ Adjustment**  
Tunable central spine and flexible ribs align the chair's backrest with your back's natural curve to uniquely support each region of your spine.
- Narrow Upper Back Design**  
The narrow design at the top of the chair encourages torso movement and allows for arms to swing freely, increasing airflow into the lungs.
- Seat Layers**  
A combination of supportive layers in Embody's seat work together to reduce seated pressure and allow for airflow, keeping you cool and comfortable as you sit.

## Specs

### Family

Work Chair

### Overview

Maximum User Weight 300 lbs/136 kg  
Population Range 2nd–98th Percentile

### Back Support

PostureFit Sacral Support Standard  
Lumbar Support Standard  
Pixelated Support Standard

### Seat Height

Low Height Range 15"–19"  
Standard-Height Range 16"–20.5"  
Extended-Height Range 17"–22"

### Seat Depth

Adjustable Seat 15"–18"

### Tilt Options

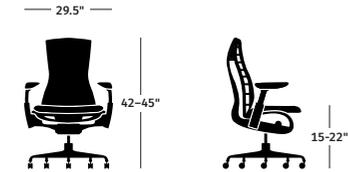
Tilt Limiter

### Arm Options

Fully Adjustable Arms

## Statement of Line

### Work Chair



## Materials

[Click here](#) to view the complete textile and materials offering for Embody.

## Sustainability

[Click here](#) to see how Embody meets your environmental goals.

## 3D Models

[Click here](#) to explore the 3D model library.