

"Sit Happy!"

By **Kim Abbott**

Tuesday, June 16, 2009

The Salli Systems chair in action. Looks...comfy?

That's the motto of Salli Systems, manufacturer of saddle chairs that are touted as being able to improve your posture and overall health. Here at HI, we receive information about new products that can benefit the lives of equestrians on a daily basis. Some, like this, are quite a bit more, how do we put this, "interesting" than others. When we saw that these chairs can make your chest look better (because it improves your shoulder position) and keep your bottom looking plump and sexy longer (years of sitting in a regular chair can cause the buttocks to become flat), we were intrigued.

You can even decrease cellulite and your risk of developing varicose veins as you age because the saddle chairs supposedly improve circulation of the lower extremities.

And according to the manufacturer, there's no need to ride horses any more, either. According to Salli's website, the pumping motion of riding is bad for the pelvic muscles. However, sitting in the saddle chair, which will make you feel like you're sitting on a horse, is OK, so you'll still be happy, right? There's even a chair that allows you to rock from side to side. Maybe it's kind of like trotting.

To learn more about the Salli Systems chairs, go to www.salli.com. **WARNING:** Proceed with caution. Information and photos may be deemed explicit.

And remember! Long-term sitting in a regular chair is bad for you, so if you don't want to end up looking like Quasimodo, buy a saddle chair. Or better yet, get on your horse and go for a ride.

<< [Previous Entry](#)

[Back to The Near Side.](#)