

Décor & Gardening



Be healthy and feel comfortable

13 January 2017

Reclining chairs and sofas can improve your health - we speak to Claire Gibson from leading motion furniture manufacturer, La-Z-Boy, to find out how.



MAGAZINE



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Magnificent Victoria Falls, the perfect holiday adventure



Family holidays are the best times and provide memories that last forever. Planning a holiday that ticks all the boxes for everyone in the family is no easy feat which is why we've picked a family escape to Victoria Falls in Zimbabwe as a surefire winner when it comes to family fun and adventure.

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Reclining furniture is regarded by most as a space-saving alternative to an ottoman, and a form of supremely comfortable furniture in which to unwind and relax. However, they are actually far more beneficial than originally thought. So says Claire Gibson from leading motion furniture manufacturer, La-Z-Boy, who goes on to add: "There are a number of ways reclining can improve your health and overall wellbeing, and with a growing array of motion furniture options, from single-seater recliners, through to 2- and 3-seaters, and of course, corner units, now the whole family can benefit!"

Claire provides a rundown on how motion furniture can benefit your body and lend to your overall good health:

1. Relieves stress

High-pressure workdays, long commutes, raising kids, not enough sleep or exercise, trying to make ends meet – the accumulated stresses of everyday modern life can damage your health in irreversible ways. In fact, studies have proven that an extensive range of health problems can be directly ascribed to stress, including the likes of headaches, depression, heart disease, and asthma for example. Stress triggers the heart and mind in negative ways leaving your body open to the repercussion of strain of everyday life. "Stress makes us feel awful emotionally, but it can negatively impact on our physical body, and it will exacerbate any existing health condition." She says that many doctors recommend getting extra sleep as a great way of combating stress: "A recliner allows you to alleviate stress by offering you a comfortable and well-supported place in which to rest and relax."

2. Relieves discomfort associated with pregnancy

Being pregnant is a miracle, but it can also be a very uncomfortable business – some of the most common ailments include swollen ankles, tight fingers, achy joints, lower back pain and a general heaviness. To deal with many of these ailments, mothers-to-be are often advised to lie down on their beds – however, this remedy can lead them to feel cut off and isolated from the rest of the family. However, a recliner positioned in the living room is the ideal answer, notes Claire: "The angle of a reclining recliner takes the weight off of the front carriage of a pregnant woman's body and helps to line up her centre of gravity. It also provides an ideal place to nurse the baby once it arrives – offering excellent neck and back support for the feeding mother. All La-Z-Boy recliners come standard with a rocking feature, making them the penultimate nursing chair!"

3. Improved circulation

Healthy blood circulation is essential for achieving the ultimate health by supplying organs and tissues with freshly oxygenated blood and nutrients from the tip of the head, fingers all the way down to the toes. Any congestion or blockage in the perfectly tuned roadmap of veins and arteries can deprive heart, lungs, brains, extremities and other organs of the precious oxygen rich blood and cause a host of medical conditions. Moreover, inadequate blood flow slows down healing from any illness, injury or condition and even further complicates an already existing medical history. Sufferers of bad circulation can suffer from many discomforts, including swollen joints and heavy feet, which is especially prevalent in those who stand for long periods of time. Over time, the effects of gravity on your blood flow will lead to blood accumulating in your lower legs, ankles and feet, making them swell, causing varicose veins and even clogging the veins. Says Claire: "Relaxing in a recliner with your feet up as often as possible can go a long way to alleviating any bad circulation caused by standing for too long."

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April spoil

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Making Memories with Georgie's

The thing we love most about April are the holidays and the time off to spend with family and friends. We are lucky in South Africa because the weather is still warm and we can still get to be out doors, enjoying time off and making memories with the people near and dear to our hearts.



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4. Relieves achy joints

Sufferers of arthritis will be familiar with the discomfort of swollen and stiff joints. Claire notes that arthritis sufferers can use a recliner to help angle their joints correctly in order to improve blood circulation in the affected area. In fact, some doctors even recommend that arthritic patients sleep in a recliner instead of in a bed to allow for better circulation and to keep the muscles pulling downward. "Incliners with LayFlat mechanisms that allow you to recline to a full 180-degree position are especially useful for arthritis sufferers," she notes.

5. Helps back pain sufferers

A good quality recliner will offer excellent lumbar support to your entire body in all positions, even when reclining, as it has been scientifically proven that this helps to reduce back pain. Those who suffer from back pain associated with muscle strain or degenerative changes for example, can benefit from taking advantage of reclining in high-end motion recliners. La-Z-Boy recliners for example, boast a duvet seat cover with calf support on the leg rest for optimum comfort.

6. Assistance for those struggling with mobility

Do you suffer from any ailments that affect your comfort when getting in, sitting in or rising out of a chair? Do you need to be able to sleep in your chair occasionally? Do you need a little bit of help when rising out of a chair? If the answer is "yes" to any of these questions, then an electrically operated Hi-Lift incliner, such as those from La-Z-Boy, would be a very beneficial investment for you. Says Claire: "With a mere push of a button, the Hi-Lift incliner will automatically recline into a relaxing position. When you are ready to stand up again, you press a button, and the chair will automatically lift and tilt to help you to your feet – standing up out of your chair will not require any physical effort at all. It also offers support when you are sitting down – the incliner will rise to meet you, and then gently lower you into a full sitting position."

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