

Nightingale Highlights

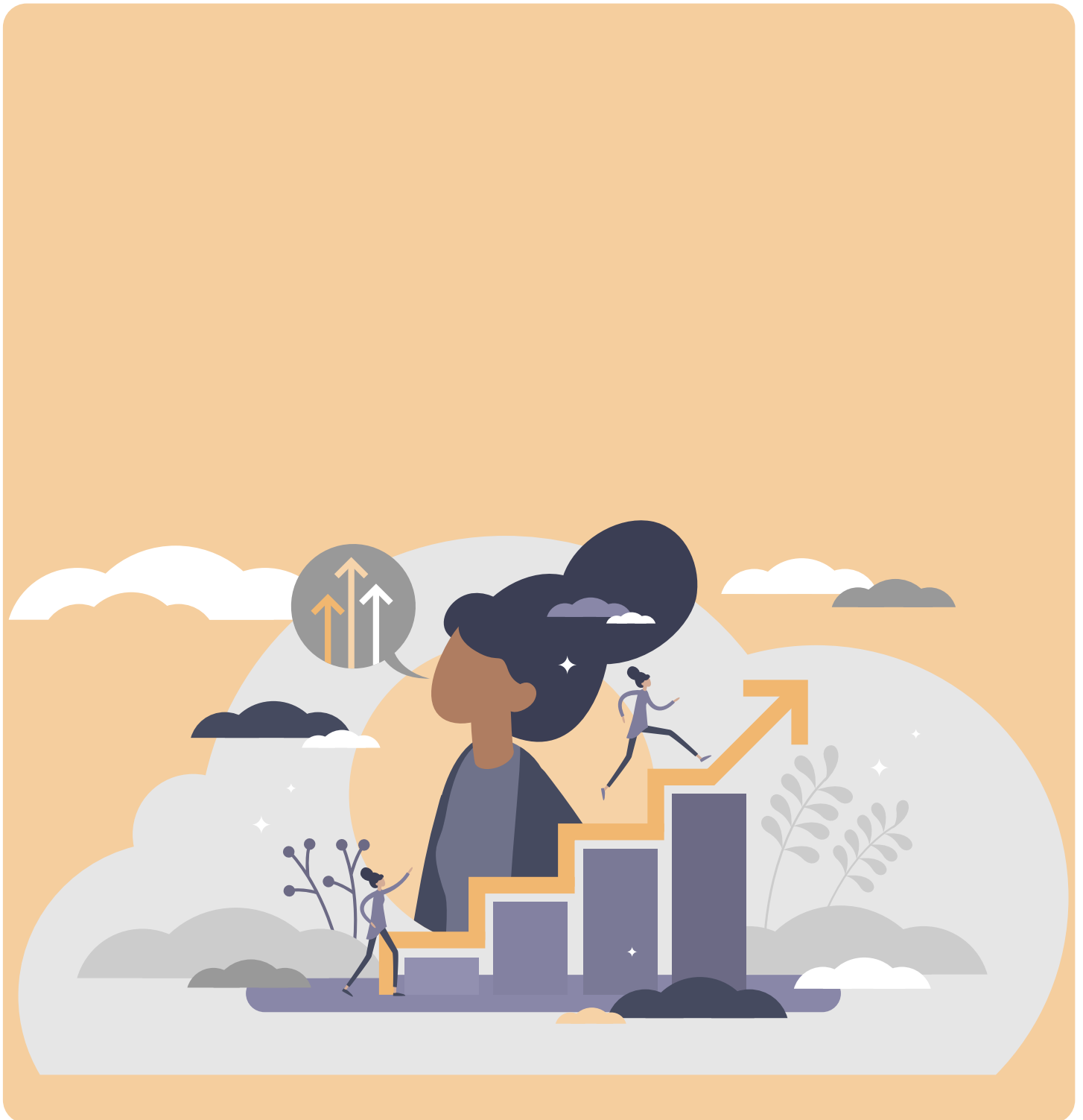
SEPTEMBER 2022



Say Hello to Self-Improvement Month

September is National Self-Improvement Month. This is a great time to reflect and take steps to become the person you aspire to be. According to studies, the self-improvement industry in North America generates over an estimated \$11 billion dollars each year.

Being such a successful industry means there is no shortage of self-improvement options to choose from. Here are some self-betterment tips you can incorporate into your life this September.





Create a Vision Board: Vision boards may sound cliché, but they are a great way to visualize who you are, who you want to be and the steps you need to get there. It's a creative way to work on yourself and manifest your dreams.

Invest in Self-Help Books: If you enjoy reading, consider picking up a self-help book. Actively read these novels by taking notes, marking pages and acting on what you've learned to see the positive effects take place.



Learn a New Skill or Activity: Dedicate this month to trying out the activities that you haven't had the time to do. Whether it is learning a new language or trying a new fitness routine, take this month as an opportunity to prioritize growth and expand your skillset.

Set One Personal and Professional Goal: Setting goals are a simple way to ensure you stay proactive in all areas of your life. Use goals as a tool to hold you accountable and ensure progress through each phase of your self-improvement journey.



Find a Mentor: If there is an area of your life you want to excel in, find a mentor who has achieved what you wish to accomplish. Seeking guidance from someone with experience in an area you are looking to improve upon is a great way to network and ensure you are on the right path to success.

Celebrate yourself this September and participate in Self-Improvement Month with some of the fun activities mentioned above.

Meet the Stratford

Nightingale's Stratford is the perfect modern-day classic. The combination of its geometric curves and spacious seating makes the Stratford a staple in any lounge or work area.

The Stratford is a high back lounge seat that has a fully upholstered, super comfortable composition. Along with its integrated heat rest that adds privacy, the Stratford provides optimal support for your whole body. Extend your comfort and complete the look with Stratford's fully upholstered ottoman.

The Stratford comes with these standard features:

·Molded high density, high resiliency seat and back foam for added comfort and support.

·Fully upholstered seat and back, allows for dual-tone upholstery for comfort, support and style.

·Fully upholstered integrated headrest for optimal neck support. Added side panels are perfect for privacy.

·Contoured, molded plywood shell for strength.

·Swivel tilt lock mechanism and pneumatic seat height adjustment.

·Polished aluminum 4 prong base with plastic glides to protect your floor.



Benefits of Sit-to-Stand Seating

Nightingale has a robust line of sit-to-stand stools: NLC, WXO, LXO, VXO, Sherman, Ultima, Bradley, Poly Medical and Surgeon Console. Our sit/stand line has successfully been incorporated into medical and commercial offices and are now entering the home market.

In particular, Nightingale's NLC, WXO, LXO and VXO stool models are perfect chairs to pair with any sit-to-stand desk to enhance your corporate or work-from-home lifestyle. Below are some benefits to using sit/stand stools:



ONE
Mobility

Users can easily switch from a seated to standing position. Changing positions throughout the workday is key to staying active at your desk and avoiding aches and pains.



TWO
Reduced Pressure on Joints

Transitioning between sitting and standing will improve blood circulation and take pressure off your feet and knees.



THREE
Enhanced Sitting Experience

All Nightingale products have a unique ride that supports and interacts with the user as they move. Our stool models elevates this experience by further promoting good posture, engaging the core and prompting you to sit properly throughout the day.



FOUR
Increased Productivity

Sit/stand stools encourage standing which boosts energy, reduces stress levels and helps you work more efficiently.

Nightingale is excited to provide seating options to fulfill the needs of office and at-home workers who desire a more engaging and active workday.

ABOUT US

Founded in 1928, Nightingale is a contract seating manufacturer that puts purpose before profit. By collaborating with top designers, engineers and research teams, we create quality ergonomic products that are good for your body and the planet. Nightingale is one of the country's Greenest Employers and is committed to building products with minimal carbon footprints that are recyclable, sustainable and durable. All our products are made in our waste-free facility powered by clean energy. As one of the country's Best Managed companies, Nightingale's commitment to comfort, quality and innovation drives our vision to be a global industry leader.

We invite you to visit us at www.nightingalechairs.com to view all our quality seating options, obtain virtual literature, use the My Chair Maker app, learn more about our green initiatives and discover Nightingale's story.



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