

Ntune® Seating System

Healthier Workplaces for Healthier Workforces

Height	Weight	BMI	Weight Category	Standing Hours Per Day	Weight Loss Per Year	BMI Change	BP Decrease Systolic (MM Hg)	BP Decrease Diastolic (MM Hg)	Increase HDL Cholesterol (mg/dL)	Decrease Risk Stroke	Decrease Risk of Heart Failure (M/F)	Decrease Risk of Diabetes for 10 yr Period
4'10"	119-142	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	143-190	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>190	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
4'11"	124-147	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	148-197	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>197	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'	128-152	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	153-203	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>203	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'1"	132-157	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	158-210	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>211	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'2"	136-163	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	164-217	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>217	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'3"	141-168	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	169-224	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>224	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'4"	145-173	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	174-231	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>231	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'5"	150-179	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	180-239	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>239	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'6"	155-185	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	186-246	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>246	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%
5'7"	159-190	25-29	Overweight	1	10	-2	2.8 mm Hg	2.5 mm Hg	1.3	10%	10%/14%	86.50%
	191-254	30-39	Obese	2	20	-4	6 mm Hg	3 mm Hg	3	20%	20%/28%	93.90%
	>254	40+	Extreme Obesity	2.5	25	-5	7mm Hg	3mm Hg	3.5	25%	25%/35%	96.40%

Height	Weight	BMI	Weight Category	Standing Hours Per Day	Weight Loss Per Year	BMI Change	BP Decrease Systolic (MM Hg)	BP Decrease Diastolic (MM Hg)	Increase HDL Cholesterol (mg/dL)	Decrease Risk Stroke	Decrease Risk of Heart Failure (M/F)	Decrease Risk of Diabetes for 10 yr Period
5'8"	164-196	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	197-261	30-39	Obese	2	20	-3	4 mm Hg	3 mm Hg	3	15%	15%/21%	93.90%
	>262	40+	Extreme Obesity	2.5	25	-4	6 mm Hg	3mm Hg	3.5	20%	20%/28%	96.40%
5'9"	169-202	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	203-269	30-39	Obese	2	20	-3	4 mm Hg	3 mm Hg	3	15%	15%/21%	93.90%
	>269	40+	Extreme Obesity	2.5	25	-4	6 mm Hg	3mm Hg	3.5	20%	20%/28%	96.40%
5'10"	174-208	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	209-277	30-39	Obese	2	20	-3	4 mm Hg	3 mm Hg	3	15%	15%/21%	93.90%
	>277	40+	Extreme Obesity	2.5	25	-4	6 mm Hg	3mm Hg	3.5	20%	20%/28%	96.40%
5'11"	179-215	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	215-285	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>285	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'	184-220	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	221-293	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>293	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'1"	189-226	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	227-301	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>301	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'2"	194-232	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	233-310	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>310	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'3"	200-239	25-29	Overweight	1	10	-1.5	2 mm Hg	2.0 mm Hg	1.3	8%	7%/10%	86.50%
	240-318	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>318	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'4"	205-245	25-29	Overweight	1	10	-1	2 mm Hg	1.8 mm Hg	1.3	5%	5%/7%	86.50%
	246-327	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>327	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'5"	211-252	25-29	Overweight	1	10	-1	2 mm Hg	1.8 mm Hg	1.3	5%	5%/7%	86.50%
	253-337	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>337	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%
6'6"	216-259	25-29	Overweight	1	10	-1	2 mm Hg	1.8 mm Hg	1.3	5%	5%/7%	86.50%
	260-346	30-39	Obese	2	20	-2.5	3.5 mm Hg	3 mm Hg	3	13%	12%/17%	93.90%
	>346	40+	Extreme Obesity	2.5	25	-3	4 mm Hg	3mm Hg	3.5	15%	15%/21%	96.40%



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