

# NOW / THEN

## Triplet Stool Maja Lindh

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Our lifestyle has become increasingly sedentary and the importance of moving and changing postures has become ever more important to keep our bodies healthy. This, ergonomically speaking, means that we should stand up, walk around and stretch throughout the day. Varying the type of surface we sit on can help too.

This is where the Triplet Stool comes in. Made by hand from local birch, the three individual legs lock together through simple geometry and the pressure of the one sitting, without any hardware or fasteners.

Triplet Stool is easily stored by disassembling or by stacking, and can even be used as a portable stool around the table at a friend's wine-wednesday.



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