

Nightingale Highlights

MAY 2021



TRULLO 3000

Take Time for Yourself this National Mental Health Month

This May marks National Mental Health Month and after the year we have had to face, it is so important to prioritize personal wellness. Here are a few simple

activities that you can incorporate into your daily routine to alleviate stress and take charge of your physical and mental well-being.



Deep Breathing

Conscious of it or not, your body is breathing all the time. Taking time to focus on your breath can significantly help combat stress and anxiety, as it helps to slow down your mind and body. To do this, breathe deeply through your nose until you feel your

lungs fully fill with air and then slowly exhale through your mouth. These full breaths increase the body's oxygen levels and allow you to enter a relaxed and focused state.



Spending Time Outdoors

Being surrounded by nature simply makes us happy. Stress, anxiety, depression and anger decrease after spending time

outside. So, take advantage of the nice sunny weather to quickly and easily boost your mood.



Meditating

Similar to deep breathing, meditation goes a step further to help you detach from the stressors of everyday life and be in the present moment. Dedicating even 5-10 minutes a

day to this practice will help decrease stress, lower blood pressure, improve concentration and reduce symptoms of anxiety and depression.



Exercising

More than just about getting in shape, exercise is proven to positively impact your mental health as well. Physical activity delivers many benefits including: restored sleep, stress relief, better mood, increased energy, enhanced mental alertness and improved cardiovascular health.



Socializing

Maintaining connections to loved ones during this time is more important than ever. Although they are now mostly virtual, these moments of interaction are still effective in managing stress, anxiety and isolation.

Put yourself first this May by participating in National Mental Health Month. Performing these simple and restorative activities can greatly impact your mental and emotional wellness for the better.



Nightingale Named Canada's Greenest Employer for 2021



Nightingale is pleased to announce it has been named one of Canada's Greenest Employers for 2021. This is the second consecutive year Nightingale has been honored with this distinction. This recognition highlights our successful efforts at maintaining and improving our award-winning 'zero-waste' initiative.

The winners of Canada's Greenest Employers are selected by Canada's Top 100 Employers based on a company's development of unique, environmental initiatives and their successful commitment to reducing their carbon footprint. Companies are further evaluated on the level of employee involvement and the magnitude to which these green initiatives are linked to its corporate identity.

Nightingale is powered by wind and solar energy in efforts to maintain our 'zero-waste' initiative to be as carbon-neutral

as possible. The company's "landfill sucks" policy is a public display of its promise to produce zero-waste. Nightingale's manufacturing process ensures that any excess or unusable materials are either repurposed or reused. These green practices extend to production where recycled fabrics and metal are utilized in every chair.

Nightingale works closely with suppliers to incorporate environmental considerations into its supply chain. It has a ten-year parts warranty for easy repair and accepts end-of-use products for proper dismantling and recycling.

Nightingale is proud to be re-selected as one of Canada's Greenest Employers for 2021 and will continue to lead the industry towards a sustainable future.



Nightingale's EXO Wins the Green Good Design Award



Nightingale is proud to announce that the EXO has won a 2021 Green Good Design Award for its sustainable and environmentally friendly composition. The EXO joins Nightingale's MXO, LXO and WXO as winners of the prestigious Green Good Design Awards. This specialized program recognizes the world's most important manufacturers, design firms and leading Fortune 500 companies that are emphasizing the creation of a more sustainable environment through innovative green design.

The EXO was selected out of hundreds of applications from 28 nations, by members of the European Design Center's International Advisory Committee. The Committee uses its platform to highlight global leaders and companies that are developing ecological and sustainable designs for all facets of our world. The EXO was 1 out of 200 new products this year to be showcased as an outstanding example of Green Design.



Shown is **EXO 5880D**

Nightingale's EXO is a lightweight ergonomic task chair with an environmentally friendly design. It is over 94% recyclable, with 35% less weight and material compared to other similar chair products. Our plastic components contain large amounts of recycled material and our metal components are 100% recyclable. The EXO is GREENGAURD® certified as a low-emitting product that meets current indoor air quality standards. Like all of Nightingale's products, the EXO is made in our waste-free facility powered by wind and solar energy.

The EXO is an advanced ergonomic task chair that is the perfect combination of sleek and supportive design. Its refined, clean profile and broad range of adjustability make it a seating solution for the modern workspace. The EXO is available as a mid back, high back, and high back with headrest model. The following notable features allow the EXO to provide maximum support for a comfortable seating experience:

- Torglider™ swivel mechanism
- Dual weave Nebula™ seat and back mesh

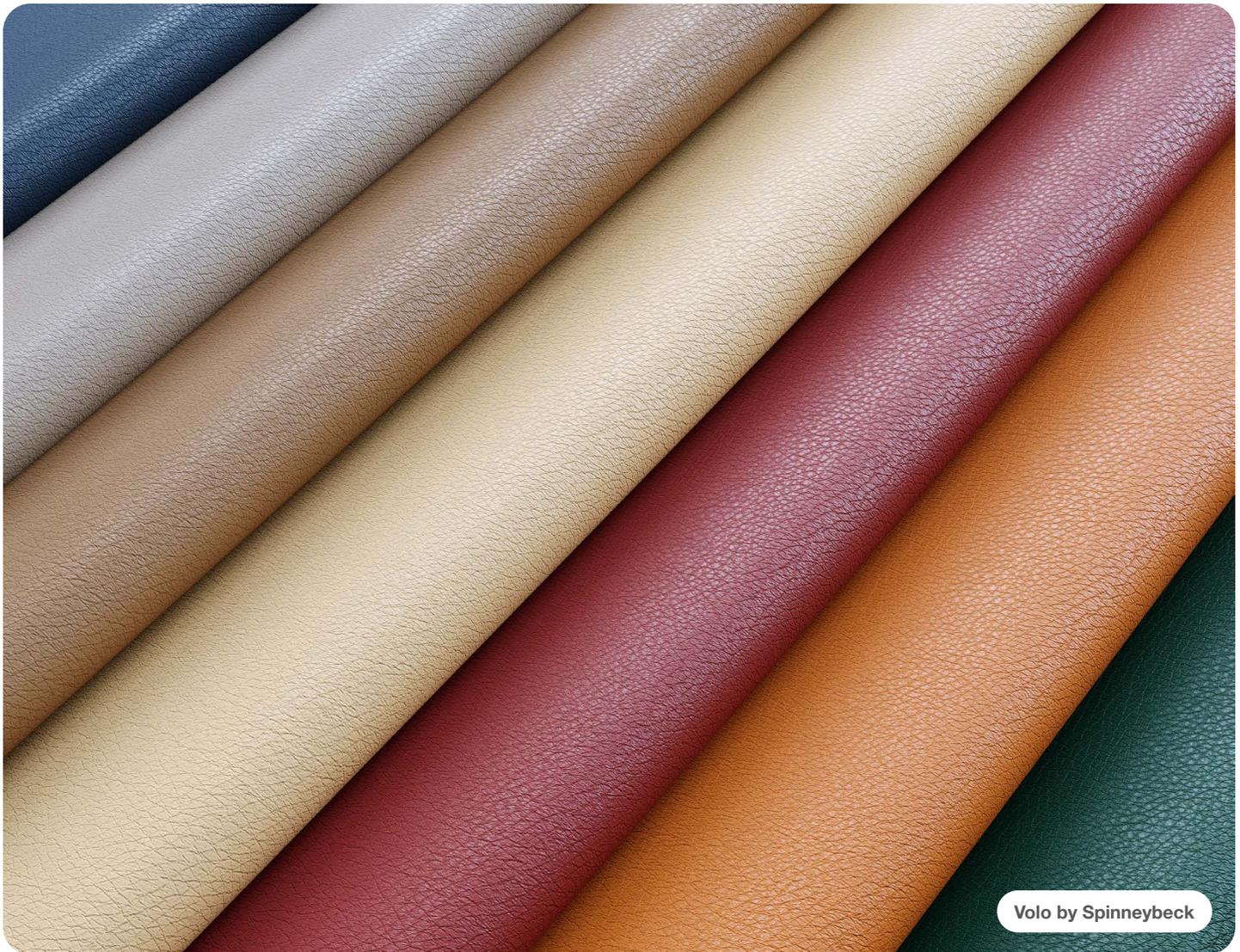
- Contoured lumbar support pad that can be adjusted vertically
- 3D arms that pivot and are height/width adjustable
- Easy to use side tension control for personalized seat and back support
- Cable activated controls to adjust chair height and facilitate two position lock or free float

Nightingale is excited to share the news of the EXO's 2021 Green Good Design Award win and looks forward to creating more sustainable, quality seating solutions. All winning products, including the EXO, are featured in the 2021 Green Good Design Catalogue.

About the Green Good Design Awards

Now in its 13th year the Green Good Design Awards are a subset of the Good Design Awards, curated by The European Centre for Architecture Art Design and Urban Studies and The Chicago Athenaeum: Museum of Architecture and Design. Good Design was originally founded in 1950 as a collaboration between the MOMA and The Chicago Athenaeum, making it the oldest and one of the most prestigious awards programs in the world.

Nightingale's Volo Leather Collection



Madras and Princess are Nightingale's most popular and utilized leather upholstery options, but did you know we carry an even more luxurious leather that is guaranteed to enhance your sitting experience? Volo by Spinneybeck is a premium high-end leather line and Nightingale's third leather offering within our upholstery portfolio.

The Volo fabric card curated in collaboration with Spinneybeck, consists of 56 distinct and beautifully dyed leather fabrics for Nightingale customers to choose from.

This textured Italian leather features a custom breathable

protective finish that is saturated into the fabric. This protects the surface of the leather while keeping the user cool and comfortable.

Volo leather is most likely to be found on executive and conference chairs but can be applied to products from most seating categories.

Please visit Nightingale's Textiles page on our website www.nightingalechairs.com to view the Volo leather collection by Spinneybeck along with the rest of our quality upholstery options. Contact Nightingale Customer Care for pricing.

Pleasure to Meet the Tuxedo

This conference chair is dressed to impress with its contemporary and sophisticated style that is comfortable enough to stay in all day!



TUXEDO 3500



TUXEDO 3500-07

With its square contoured back, easy to adjust features and pillow upholstery, the Tuxedo is a distinguished seating solution that takes you from morning to night in effortless style.

The unique contoured back provides the user with additional lateral back support. The plush upholstery with Enersorb™ foam seat conforms to your body and disperses your weight to provide top-shelf comfort and ergonomic support.

The intuitive synchronous tilt-mechanism with single position tilt lock and tension control allows the seat to be angled for maximum comfort, keeps knees leveled even in a reclined position, and allows your chair's resistance to be as supportive or relaxed as you want.

Arm length is critical to the fit of a suit, which is why the Tuxedo comes equipped with a spring-loaded ratcheting system for easy arm height adjustment. The arms come with sculpted polyurethane adjustable arm pads that provide users with optimal comfort while working at their desk or attending a meeting.

Its pneumatic height adjustment allows users to simply adjust the chair to their desired seat height for ideal posture and comfort control.

The Tuxedo is available in Leather Plus, vinyl or full leather upholstery to deliver a chair that adds a touch of class and luxury to any office or conference room.

Leather Upholstery: Care and Maintenance

Nightingale offers customers the indulgent option of upholstering their chair in our high-quality Madras, Princess Leather or Volo lines. Leather upholstered furniture should require minimum to no care under most common workplace/ household conditions. It is the strongest and most durable

material used for furniture upholstery. However, leathers will stain or change in character from food and liquid spills or from body oils. Below are examples of what can cause damage to your leather and how to minimize the impact.

Direct Sunlight

- Do not place in direct sunlight
Take caution when placing leather furniture near windows

Abrasives and Cleaning Solutions

- Never use detergents or alcohol-based products to clean spots
- Avoid the use of ANY chemical polishes or soaps
Saddle soap, oils, furniture polish, abrasive cleaning solvents or ammonia
- Vigorous rubbing can damage the surface

Heat Sources

- Avoid placing your leather furniture near sources of excessive heat
Do not place your furniture less than 2 feet away from strong sources of heat i.e. radiator, fireplace or direct sunlight
- Such heat can dry out the natural oils in leather and cause stiffness and cracking

General Care Instructions

- Once a week vacuum or dust your leather with a clean dry cloth to keep it looking new
- If needed, gently wipe spots with a clean cloth and lukewarm water
- If stain persists use a mild soap and immediately dry any excess moisture
- Never allow spills to set



Nightingale's Madras, Princess, and Volo Leather are natural materials that are of luxurious quality, very durable and low maintenance. If cared for properly your chair will wear excellently overtime, adding character and life to any room it is in.

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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