


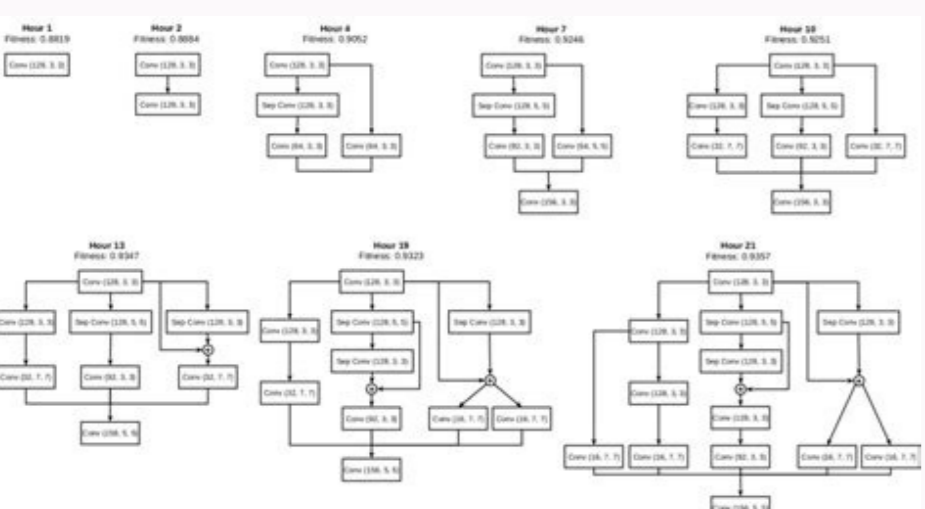
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Marissa Mayer was the final CEO of Yahoo, until selling the company's internet assets to Verizon. Previously Google, Marissa Mayer led the product management and engineering efforts of Google's local, mobile, and context products including Google Maps, Google Maps for Mobile, Local Search, Google Earth, Street View, Latitude and more. At 36 she was also the youngest member of Google's executive operating committee. During her 12 years at Google, product management and design efforts for Google web search, images, news, books, products, toolbar, and iGoogle started at Google in 1999 as Google's 20th employee and first woman engineer. Marissa's contributions have been recognized by numerous publications including the New York Times, Newsweek and BusinessWeek. Fortune magazine her for the past 3 years on their annual Most Powerful Women's list, and she was the youngest ever to appear on the list. Marissa was honored by the New York Women in Communications, Inc. with a Matrix Award. She also been named a Young Global Leader by the World Economic Forum and Woman of the Year by Glamour Magazine. Marissa sits on the board of various non-profits, including the Smithsonian National Design Museum, the New York City Ballet, San Francisco Museum of Modern Art. Prior to joining Google, Mayer worked at the UBS research lab (Ulibal) in Zurich, Switzerland, and at SRI International in Menlo Park, California. Marissa received her B.S. in Symbolic Systems and her M.S. in Computer Science from Stanford University. For both degrees, she specialized in artificial intelligence.



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It has a very firm seat. We've researched dozens of office chairs, interviewed four ergonomics experts, and asked test panelists with a variety of body types to sit in deliberation for over 175 collective hours. The arm height is also a pain to adjust: Instead of just pressing a tab underneath the armrest and moving the arms as you see fit, on the Aeron you have to unlock the arm with a switch on the chair's back, move the arm, and then lock it back into place. In our experience, the circa-\$100 chairs you'll find at sites like Wayfair and big-box retailers are made with lower-quality materials and may last just a year or two before they begin to fall apart. If you spend most of your working hours sitting at your desk, the answer is yes. That said, higher-end chairs like our top pick and runner-up are made with highly durable parts and fabrics that should last for many years. Glance at the chair, and you can see the exact bolts you need to remove to replace a piece. But it doesn't have the advanced adjustments and ranges—such as in seat depth and arm movements—of a chair like the Steelcase Gesture. Most good chairs have armrests that can move up and down, shift backward and forward, and angle in or out; budget chairs rarely give you even that much adjustment, usually allowing for up and down movement at best. But you can extend the life of a cheap, somewhat adjustable chair like the AmazonBasics with a few affordable workarounds. Problem: lack of height adjustability. Solution: footrest or seat cushion. Ideally, your office chair should allow you to sit comfortably with your back supported, your feet flat on the floor, and your arms and wrists parallel to the floor or angled toward it. Although it's endorsed by numerous celebrities (including Bruce Willis and Justin Bieber), we think for \$600 you should get a more adjustable chair with higher build quality—and do your crunches elsewhere. We also tested the HON Convergence, but we found the seat a bit too squishy, with thinner, less durable fabric; on top of that, the mid-to-upper-back support was not as good as that of the HON Ignition 2.0. The HON Exposure was our previous budget pick. The adjustments also have a wide range, so you can precisely tailor the whole package to your body and posture. It's still an excellent chair with a solid amount of adjustments and a comfortable back, but most of our testers didn't think anything about the Leap separated it from the Gesture or Aeron. Plus, if the Gesture and Aeron are too boring-looking for you, the Sayl has a distinctive design that draws you in (or repels you) the second you see it. We found the Sayl comfortable enough to sit in all day, and our smaller testers especially liked it. Each panelist evaluated the chairs on the above criteria using a modified version of this ergonomic seating evaluation form (PDF) from Cornell University, ranking the chairs on all the criteria on a scale from 0 (unacceptable) to 10 (excellent). It comes in three sizes, so we recommend checking the fit guide (PDF) before ordering. The Sayl is as supportive and comfortable as many chairs twice the price, but it lacks some advanced adjustment features. The arms don't go down as far as those on the Gesture, Aeron, or Sayl, but many other budget chairs don't provide any armrest adjustments at all, which some of our testers noted as a dealbreaker after sitting in 10 different chairs. Because the seat height starts at about 17 inches—an inch higher than on the Gesture or the Aeron size B chair—it's not a great fit if you're petite. But for around \$300, you get a solid chair that will be comfortable for at least a few years. Wirecutter senior staff writer Melanie Pinola has been working out of her home office for over two decades, writing about technology and productivity for sites such as Lifehacker, PCWorld, and Laptop Mag. For this round of testing, we asked nine people to test 10 chairs for at least one straight 30-minute session—as recommended by Cornell University's Ergonomic Department—if not a full day of work. But for standard all-day keyboard-and-mouse usage, we found both the back and seat of the Aeron to be just as comfortable as those of the Gesture. (For reference, a chair that lowered to only 18 inches from the ground was too tall for me, and I'm 5-foot-2. We tried the Cosm's new Leaf armrest design, which is more like an elbow cradle than an armrest, we found it comfortable for relaxing our arms at the chair but not for supporting them when we were typing or reading a book. Video: Kyle Fitzgerald/You can slide the pads on the armrests forward and back, and angle them in or out. Our panelists remarked that the gray (called "mineral") model we tested looked less monolithic than the black version and might blend in better in some homes. The cost is close enough to that of the Gesture, however, that most people considering the Think will likely prefer to move up to the Gesture instead. Much like the Haworth Fern, the Knoll ReGeneration was a divisive chair. Bottom line: If you mainly want a chair that props you up ergonomically and is comfortable for long hours of typing at a desk, the Aeron will suit you well. Because it's a big plastic piece, you can easily feel the lumbar support through the mesh back; it takes away from some of the seat back's springiness, but that's the case with all chairs of this design, and we think the trade-off for more ergonomic seating is worth making. The chair's other main strength lies in the adjustability it gives you in various areas to help you get the right fit. The unframed rubber back has an unusual look that will draw the eyes of every guest who comes into your office or home. (Wirecutter editor Thorin Klosowski has had a classic Aeron for over a decade and has moved with it many times, including twice to different states, and it still looks brand-new.) For most people, we suggest these options: Size: per fit guide (PDF) Back support: adjustable PostureFit SL Tilt: standard Arms: height-adjustable arms Armrests: standard Casters: hard-floor or carpet casters with quiet-roll technology The above combination puts the price at roughly \$1,400 directly from Herman Miller at this writing. This is a chair that will last, too: Steelcase's 12-year warranty (PDF) covers everything that typically goes wrong with chairs, including any problems in the pneumatic cylinders that enable the height adjustment, and the Gesture has proven sturdy in our testing over years of heavy use. The Gesture is expensive, usually selling for over \$1,000, but if you don't care about specific colors (the customized version offers more than 70 fabric options plus six leather ones), you can often find it for less than \$500 at office liquidators online or locally. \$1,895 at Design Within Reach Many cheap office chairs make you feel like you've been crammed into a torturous economy seat on a cross-country flight, but quality office chairs upgrade you to first class—they're designed to support your body comfortably for the long haul. For instance, Humanscale has rainwater capture systems in its manufacturing sites and uses this for its final assembly. In fact, the majority of the chairs we tested weren't bad at all; frequently they just didn't fit a wide enough spectrum of our testers. We tested the X-Chair X3 ATR Management Chair with Elemax and found that despite a lot of interesting-sounding features—including a flexible lumbar support area, heating, cooling, and massage functionality—it was just an okay chair. The mesh seat and back make the Aeron a better option than foam upholstered chairs in warm climates or for anyone who runs hot. We think the design is attractive enough for most people, and it's available in dozens of colors to suit any space or preference. The Gesture's seat cushion plays a major part in its overall comfort. The Aeron is a better chair with a more comfortable seat and better tilt controls, though. For at least one tester, the Steelcase Amia ranked in the top three among office chairs. Caster quality comes into play if you want to smoothly roll your chair around every now and then—if you have a sit-and-stand desk setup, for example, or if you want to win a fire extinguisher roller-chair derby. Price: The difference in quality between a \$40 office chair from a no-name manufacturer and an \$800 chair from a respected company is significant. But if you lean forward a lot, you may want to invest \$100 in the tilt limiter and seat-angle add-on. The Aeron is easier to clean than the Gesture and other non-mesh chairs. This chair might be better as a task chair in a conference room or if you tend to get out of your chair regularly throughout the day. Humanscale's Freedom offers plenty of finishes and is a compact chair. While most of those chairs may seem fine at first, you'll soon be feeling (and hearing) the consequences of choosing a cheap chair: creaking sounds, deflated foam cushions, and cracking armrests and other plastic parts. The Ignition 2.0 has all the standard adjustments we like to see in a chair, including seat-depth adjustment, tilt tension, tilt lock, seat height, and height-adjustable arms. If you prefer the look of the Leap, or if you just don't need the arm adjustability of the Gesture, the Leap might serve you well. Most notably, office chairs below \$200 are made with cheaper plastic and metal, have fixed armrests and seat depths, and also tend to look bland and have shorter or less-inclusive warranties. To be clear, we don't recommend buying it. We think you'd probably end up replacing it sooner than you'd prefer (within its one-year warranty), because our panelists found it uncomfortable for long sitting sessions. You can purchase an optional adjustable lumbar-support control that slides up and down on the back, but most of our testers found this piece unnecessary since the Sayl naturally forces you upright. Starting around \$300, you get more-adjustable chairs built with high-quality materials. Photo: HON The Ignition 2.0 is one of the most comfortable chairs we've tested retailing for less than \$500, and it has many of the adjustments generally reserved for more expensive chairs. The HON Ignition 2.0 is the best budget option we've tested. We replaced it with the Ignition 2.0 because that model offers a more comfortable seat, better lumbar support, a higher weight capacity, and a less busy design for about the same retail price. Two of the newest chairs we tested came from Steelcase and Herman Miller. Photo: Kyle Fitzgerald The Sayl is as supportive and comfortable as many chairs twice the price, but it lacks some advanced adjustment features. The good news: If spending hundreds of dollars on an office chair isn't in your budget in the foreseeable future, you can make a cheap office chair (or even a kitchen chair) work for you until you're ready to upgrade. In our latest round of testing, we found that the sub-\$100 AmazonBasics Mid-Back Mesh Office Chair is probably your best bet if you're looking for an inexpensive office chair that offers height adjustability. Video: Kyle Fitzgerald/You have to reach for the back of the chair to adjust the height of the arms on the Aeron. We didn't test it this time, but it tends to review well and is worth a look if you like a foam seat but want a mesh back. Herman Miller's Embody is a strange-looking chair, but when it comes to comfort, it's one of the most adjustable, high-tech chairs available. Illustration: Sarah MacReading Chairs that aren't height-adjustable, or aren't adjustable enough for your particular height, throw the whole ergonomics balance out of whack. But a few tweaks can make a \$50 chair feel nearly as good as a \$1,000 one. by Melanie Pinola/You can save hundreds of dollars on a high-end office chair if you know where to look and what to look for by Jason Chen The coronavirus has turned life upside down. The casters'll break your back. Priced between the Sayl and the Gesture, it's a good option for anyone who is not willing to spend up to a grand on a chair but who still wants something normal looking and comfortable. The Steelcase Think is similar to the Amia in that while none of our testers found it bad, only one person put it in their top three. The Gesture also comes in the widest range of fabrics and other finishing options of the chairs we tested, so you can customize its appearance for your workspace. The well-known Aeron has more limited armrest adjustability than the Gesture, but it's also more breathable and just as comfortable and supportive for typing at a desk. It's inoffensive, and the mesh back means it'll be breathable in the summer. A good backrest will support you regardless of the angle you sit in, whether you're sitting straight up or, as ergonomic experts recommend, reclined at 100 to 110 degrees. Ease of reclining: Reclining is important for "sustainable sitting," according to our experts, as it lets you move your body a bit more while you're seated. Photo: Kyle Fitzgerald We recommend the Sayl with height-adjustable arms, a fixed seat depth, and no additional lumbar support. Leaning back in the Aeron (bottom) feels more like sitting in a rocking chair, as the seat tilts with you, pulling your feet off the ground. Designed by the famed Niels Diffrient, this chair gracefully supports my

back like a mother gently laying a baby in a crib. The Aeron comes with a 12-year warranty, the same length as the Gesture's coverage, and because of the chair's popularity, you can often find older or lightly used Aerons at a substantial discount. Rather than a single chair size that individuals can adjust for fit, the Aeron comes in different sizes (PDF). Even chairs that claim to be ergonomic and height-adjustable can let you down, literally—we've seen more than a couple of cheap chairs that sank all the way down. If your chair is too high and you can't lower it (meaning you can keep your arms and wrists at the right position but can't keep your feet flat on the floor), you can get a footrest to support your feet. The biggest point of contention was the high back: The Fern is taller than the Gestur, but not as tall as the IKEA Markus, which puts it in an odd spot. The backrest and lumbar support didn't adjust high enough, and was also prone to slipping out of position. Most people will want the optional adjustable armrests, which can slide up or down, in or out, or diagonally inward and outward to help support their arms during different tasks. You can adjust the lumbar support, seat height, armrest height, and seat depth—I often had to readjust the headrest, as it tends to slide down—but otherwise, this chair pretty much lets you set it and forget it. You cannot adjust the seat depth—another reason picking the correct-size Aeron is so important. The IKEA Hattefällj comes in colorful fabrics and sports a fun, curvy design, but our testers found the seat too firm for prolonged sitting, or its affiliates Steelcase's Gesture is comfortable, no matter how you're sitting. Photo: Sarah KobosThe Steelcase Silg also tries to conform to your body, but it's not as well padded as the Gesture, and this chair makes it difficult to lean back more than a few degrees. Some chairs' lumbar support feels nonexistent, while other chairs have curves that are so pronounced, they might push you uncomfortably forward. She's thrilled when those topics intersect—and when she gets to write about them in her PJs.Further readingby Melanie PinolaYour home-office chair is likely getting more use than ever before. This guide is for those who work full-time from their office chair.Ergonomics expert Alan Hedge told us that finding the right chair is like finding a good pair of shoes: You want it to follow certain design principles, and you'll of course consider the materials, quality, and aesthetics, but ultimately you should choose something you feel comfortable in. Wirecutter staffers who own the Gesture confirmed that the cushion, back padding, and armrests are as comfortable after five years of heavy use as they were on day one.This chair is comfortable across multiple tasks—it's built for more than just typing at your computer, unlike more basic chairs that are designed to hold you in one upright position. In an ideal ergonomic world, you would set your arm height once and leave it there, but most people don't sit perfectly all the time, and many people switch tasks throughout the day.When it comes to locks, the Aeron has an iconic design that has been much imitated. Our test Aeron was size B, recommended for most people between 5-foot-2 and 6-foot-6. But the Aeron's armrests aren't as adjustable as the Gesture's, so it's not as versatile for different tasks that require arm support, such as propping up a tablet to read. What sets the Gesture apart is that it excels for people who want to recline with little effort, switch tasks throughout the day, or easily make adjustments to fine-tune the fit.Weighing over 70 pounds, the chair is bulky, an annoyance if you want to move it around your home office. Compared with the Gesture, the Aeron feels much more durable and harder to break—it's mostly metal, hard plastic, and mesh. The arms on the Gesture move in and out with ease. Our shorter testers found that the high back made them feel like children sitting on a throne, while taller testers found that the non-adjustable arms were far too low for comfort. Some people liked them, but we found in general that being able to manually fine-tune the Gesture led to greater comfort and fit for most of our testers.The Herman Miller Cosm cradles your upper back especially when you push back into it, and the seat is quite springy. Photo: Sarah KobosBefore each round of testing, we scour manufacturer sites for new models, comb through older versions of this guide to reevaluate our picks and previous dismissals, and consult ergonomic experts for advice on what to look for in an office chair that would best support your body for short or long periods of sitting. The armrests also can't be locked into position, so they often swivel out of position when you stand or sit.If you want a more stylish budget chair and can live with wiggly armrests, the Branch Ergonomic Chair is another option worth considering. Videos: Kyle FitzgeraldA chair's arm support is important, according to Pymt: "Any posture where you are leaning forward from the vertical without arm support will require the back muscles to work overtime to maintain an erect posture, leading to muscle stress and resultant pain." We found the Gesture's arm support useful for reclining to read, for playing games, and for leaning over a tablet to draw for long hours.You can customize the Gesture so that it's comfortable to sit in no matter what you're doing. We evaluated office chairs on seat, backrest, and armrest comfort—and how our bodies felt after we got up from a chair was just as important as how we felt while we were sitting.Lumbar and back support: The most basic office chairs don't offer any customizability for lumbar and back support—they're one size fits all—but because people have different torso lengths and lumbar curvatures, adjustability is key, according to Alan Hedge. It lacks much of the adjustability that the Steelcase Gesture offers, but it still satisfied test panelsists of a variety of sizes and heights. You can also slide them up and down, as well as forward and backward. Cheaper chairs notoriously develop weird squeaks and creaking sounds over time. It even comes fully assembled. We ask our panel of testers what they think about the aesthetics of each chair they try, and we consider fabric choice, color, and other customization options to be a bonus.Based on our conversations with ergonomists, we avoided two types of chairs entirely:Executive-style chairs: Jenny Pymt told us to "avoid chairs that force your upper spine, that part between the shoulder blades, forward." Pymt continued: "So-called 'executive' chairs often do this." Basically, you should choose something that's supporting your back, not sculpting it.Chairs that lack backrests or have partial backrests: Pymt pointed out a few other categories that often spell trouble, recommending against stools and other seats without backrests, at least as full-time accommodations, "because no matter how virtuous you are, you will slump."Because chair comfort is such a personal thing, in our 2019 round of tests we asked staffers of various body types, from a 5-foot-2 writer to a 6-foot-2 editor, to test each chair at our New York office. The Sayl offers less arm adjustability than the Gesture or Aeron, but it's still enough for most people to find a comfortable fit. Because it has been around so long, we know that the Aeron is durable enough to last a decade or more—and you can probably find a lightly used example at a steeper discount at an office-furniture liquidation store. Most of our top office chair picks are adjustable from about 16 to 21 inches, so that's a good baseline. (As with executive-style office chairs, most gaming chairs' upper back and headrest design pushes you forward if you're sitting upright; in the case of gaming chairs, this is because they're meant for you to recline in as you smash buttons on a controller.) Ergonomic concerns aside, gaming chairs also tend to make aesthetic choices that will look good on a Twitch stream, but may seem less appropriate in a Zoom meeting with your boss.A quick search for office chairs on Google will turn up hundreds of chairs, many of which cost under \$100 and can be found at sites like Wayfair and Amazon or in-person at big-box stores and office retailers like Target and Staples. Although the Embody is comfortable, it has a starting price even higher than the Gesture's, it lacks the Gesture's arm adjustability, and Herman Miller doesn't provide the fabric variety that Steelcase offers.The Herman Miller Mirra 2 is a good office chair that's priced comparably to the Aeron. If you work at a desk for more than six hours a day, it's worth investing in an office chair that fits the type of work you do. For some people, the Aeron's forced ergonomics are nice, but others might find the chair to be too prescriptive.You have to reach for the back of the chair to adjust the height of the arms on the Aeron. HON offers different task chairs in the Ignition series: the mesh-back Ignition 2.0, which we tested; the Ignition, which is a fully upholstered chair that costs about \$100 more; and a Big and Tall Ignition, which supports up to 450 pounds but usually costs more than double the Ignition 2.0.It's hard to get all-day comfort in this price range, but the Ignition 2.0 is an exception. The effect is subtle enough that you'll probably learn to ignore it after a while, but it could be grating for some. That said, there are several different fabrics you can choose from, and Steelcase also has one of the best warranties around (12 years).We initially had this chair as an alternative to the Embody, but the Herman Miller chair has exploded in price since we tested it. Most are at a fixed height, which presumes that your torso is the same length as everyone else's.If you find that your cheap chair's lumbar support is inadequate, a \$20 to \$30 lumbar support pillow can help you maintain better posture and make sitting back more comfortable.Problem: poor paddingSolution: lumbar support pillow and seat cushionSame solutions, different problem: If you find that the cushioning in your cheap office chair wears out quickly or isn't dense enough to begin with, you can use a lumbar support pillow to augment the backrest padding or a seat cushion to cuddle your tuchus. Our testers said that compared with similar chairs, the Gesture hit the right balance between firmness and plushness, and it was far better than budget chairs, which were almost-like-sitting-on-a-wooden-chair firm. Although the back is notably firm and supportive, because of its size this chair is best suited to petite people.At under \$600 at the time of our review, the AmazonBasics Mid-Back Mesh Office Chair was the least expensive chair we tested. If you're the right size, though, it's a good chair at a good price.None of our testers liked the Steelcase Series 1, complaining that it was too short, the arms were too tall, and it was generally uncomfortable for sitting longer than a couple of hours at a time.The IKEA Markus is a budget office chair that several Wirecutter staffers still own and like. With used, you lose the Herman Miller warranty, but if you're slightly handy with DIY projects, you can replace almost anything on the Aeron with used parts you can find on eBay. Its armrests aren't as adjustable as the Gesture's, and the recline isn't as effortless. You can move the seat depth in and out, change the seat height, and telescope the arms up and down as well as away from or toward your torso. Again, chair size makes a big difference: Our size A and B testers found the chair a bit more difficult to recline in and maintain the tilt angle, but our size C tester said the chair reclined too easily and was difficult to lock into place, even though the chair has a tilt tension control knob. If you have a home office, finding a chair that makes your desk time more comfortable and better for your health is a worthwhile endeavor. It's one of the most adjustable chairs around. You can pull out the seat, change the height and angle of the armrests, and tweak the Backfit adjustment to follow your spine's natural curve. Did I mention it's pretty? Photo: Kyle FitzgeraldAll of the Gesture's control knobs are on the right side and easy to access. Some of our staffers likened using it to sitting in a hammock, as the springy material almost suspends you as you sit. Even though it's half the price, it has the same warranty and history of durability as every other Herman Miller chair. Gaming chairs, meanwhile, resemble office chairs but generally provide fewer ergonomic adjustments. It's also the most visually distinctive model we tested—for better or worse, depending on your taste.Starting at less than \$600, the Herman Miller Sayl represents a good compromise between a cheap budget chair and a high-end chair. Expensive chairs can also be bought secondhand (often in like-new condition) at significant discounts, making them more accessible to more people. Office chairs and task chairs are generally synonymous, though in practice it's usually the cheapest, smallest, least ergonomically sound office chairs that are sold as task chairs. You don't have to break the seat in, and at the end of a long day, the seat still feels supportive, unlike too-soft seats that you'd sink into over time. Photo: Kyle FitzgeraldIf you don't spend that much time sitting in front of a computer, you don't need the type of ergonomic, adjustability-focused office chair like the ones we recommend here. The Ignition 2.0's optional adjustable lumbar support actually works and is noticeable: When our testers moved the back support up or down, it stayed in place and provided extra support where they placed it. On the plus side, the Freedom's arms can lower to seat height, which makes it easy for you to get in and out of the chair and to fit it under any desk. You can also splurge on options, such as a polished or satin aluminum frame, to spruce it up a little.The Aeron comes with a 12-year warranty that covers all repairs and parts. But unfortunately, office chairs that cost less than our budget pick (about \$300 as of this writing) are more or less the same: None of them compete with our picks when it comes to all-day comfort, ergonomics, durability, customization, and warranty. Its upright positioning supported my back and eased lingering back pain from sitting in a cheap gaming chair. Best of all, Herman Miller offers a 12-year warranty that covers every part of the chair, and it arrives completely assembled. Using knobs on the right side, you can move the seat depth forward and back, change the tilt tension, adjust how far back the chair can lean, and move the seat height up and down. If you can't afford a new Aeron or simply don't want to spend \$1,000 on a chair, going with stock or used is an excellent route. Rather than spending \$50, or \$100 every year or two, you're better off saving up to buy a well-made chair that will last. If you can't stomach the idea of spending \$300 to \$1,000 for an office chair, no matter the benefits, look for a good used deal of one of our picks.Over the years, we've tested a few office chairs from IKEA. And if your chair is too low for you to use your keyboard properly, a seat cushion can raise you to the proper height. We also gathered long-term testing notes for the chairs that haven't been used in our offices for months.All testers ran the office chairs through the same basic testing gauntlet, assessing comfort, body support, adjustability, and durability. It's always worthwhile to try out a few options because what works for one person might not for another. She has contributed to print and online publications such as The New York Times, Lifehacker, and PCWorld, specializing in tech, productivity, and lifestyle/family topics. Many of these parts are easy to replace yourself, unlike the Gesture, which hides its moving parts, the Aeron wears its skeleton proudly. As a high-quality chair with strong lumbar support, the Sayl is a good fit for standard office work—and its plastic-webbed back stays cooler than fabric cushions. At 5-foot-2, I found it impossible to keep my feet flat on the floor while sitting in the chair at its lowest height, as did 5-foot-4 Wirecutter editor Tracy Venice. The armrests are just about the only part I don't like as much—it's easy to adjust them accidentally when you shift in the seat.If you don't care for the headrest, there's a version without it that's a little cheaper. Unfortunately, it isn't as breathable as other cheaper chairs, and the upholstered fabric hasn't held up as well as other pricey chairs like the Herman Miller Embody (see below). It has the basic adjustability most people need, and it's comfortable too, with a firm foam seat and a breathable plastic mesh back. But while we liked this chair's solid lumbar support, its armrests (which lock into place for height and width adjustability) are more wobbly than those on other chairs in the sub-\$500 price category. (In normal-speak, size A is small, B is medium, and C is large.) The sizes roughly correlate to height and weight ranges, and even though you might not find a size that fits you perfectly, you should still look at the size chart and consider what makes sense for you. Depending on the seat fabric you choose, the cost adds up to about \$670, or nearly half the price of a fully loaded Gesture or an Aeron. Of course, desire is a matter of personal preference. Much as with differences in clothing or shoe sizes, getting or not getting the right size could be a big factor in how well the chair fits you. And sustainably, this is a net positive product, meaning the company does more good than bad by making one of these chairs. Try to sit with your legs crossed in an Aeron, and you'll find it uncomfortable immediately. And since 2015, we've found that the Steelcase Gesture is the best office chair for most people. This is one of the most adjustable chairs available—anyone can make the Gesture comfortable, regardless of their height or size—and it's built to last.The Steelcase Gesture requires an investment in excess of \$1,000, but if you sit for long periods, the expense is well worth it—for the support, for the adjustability, and for comfort that will last over a decade. When you lean back in the Gesture (top), the back of the chair moves and bends with you, but the seat stays relatively flat. This chair demands that you notice it, and if you're into that space-age look, the range of color options allows you to make it fit in or stand out.The Ignition 2.0 is one of the most comfortable chairs we've tested retailing for less than \$500, and it has many of the adjustments generally reserved for more expensive chairs.Not everyone has \$500—let alone \$1,000—to spend on a chair. Overall, however, its unremarkable design and limited features keep it from excelling. We think you're better off getting our budget pick, since it's only about \$40 more.Melanie Pinola previously covered all things home office as a senior staff writer at Wirecutter. However, in previous rounds of testing, it was universally reviled. And the seat cushion is covered with a thick woven fabric, although it's obviously less premium (with a looser weave) than that of the Gesture. For instance, our taller testers found the non-adjustable armrests of the budget-friendly IKEA Markus to be too short, and shorter testers felt the lowest seat position of the chair was still too high. Video: Kyle FitzgeraldThe Aeron's lumbar-support system offers a fully adjustable dial and tilt mechanism that we found natural to use but a bit harder to manipulate than the Gesture's. The model we tested was fully loaded in leather and a polished aluminum frame, a configuration that retails for over \$2,500. For our last major round of testing in 2019, we used the following criteria to whittle down a field of 50 contenders to a final list of 10 to test.Comfort: All the experts we've talked to have stressed that every person's body is different, and finding the perfect, most comfortable office chair is a subjective endeavor that also depends on the type of work you do, your body size, and how you sit. It has a thick, well-padded seat like the HON Ignition 2.0 and premium design features like the Fully Desk Chair, including an aluminum base and a few different color options for the frame and seat. Sitting for hours on end in a chair without proper support can result in lower back, neck, and/or hip pain, which can impede your ability to work. You might not realize it, but reclining in your chair is beneficial. If you sit occasionally sit down to check email or play games, buy whatever chair you're most comfortable in or like the look of. Do so on a Gesture, and you might totally forget your legs are crossed until you stand up. The Gesture costs much less but comes very, very close. However, the chair's construction is plasticy; its armrests aren't adjustable for height, width, or angle (although they can flip up completely); and with an 18.5-inch minimum seat height, the chair isn't suitable for people who are under about 5-foot-8. Photo: Sarah KobosThe Herman Miller Cosm cradles your upper back especially when you push back into it, and the seat is quite springy. After sitting in various other office chairs during testing, going back to the Gesture was, as one panelist put it, "like going to the spa." Our panelists scored the Gesture highest across all of our criteria, and it's made of high-quality materials that should outlast its generous 12-year warranty. We found this unique design effective in engaging our core muscles when we moved in the chair, kind of like doing crunches while sitting. Overall, we preferred the adjustability of the other chairs, as well as the other size options not available on the Cosm. The Steelcase Silg boasts an adjust-to-your-body engineering design similar to that of the Herman Miller Cosm, but we found the chair to be less comfortable for sitting for long periods of time than other, comparable chairs. When in doubt, we recommend sizing up. One of our testers, right on the cusp of sizes B and C in the chart, found the size B chair far too narrow, and the recline too easy to push back accidentally. If you have a full-time desk job, 14,000 hours is the minimum amount of time you'll spend sitting over if it felt supportive on day one. The seat feels rigid at first but eventually becomes surprisingly pillowy, and the armrests stay firmly in place. It's less bulky than the Gesture and easier to move around, and it doesn't collect lint as much. One of the chairs we tested adjusted only 2 inches, from 18 to 20 inches, in contrast to others, which were twice as adjustable.Problem: poor lumbar supportSolution: a lumbar support pillowThe best office chairs provide great lumbar support, with extra padding for the natural curve of your lower back. The seat cushion is thick and soft—an improvement over the slightly too-firm seats of our previous budget pick, the HON Exposure, and the similarly priced Fully Desk Chair. 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Seat cushions, in particular, can give out quickly, with cheaper foam leaving you with an office chair that feels saggy on day 400 even if it felt supportive on day one. The seat feels rigid at first but eventually becomes surprisingly pillowy, and the armrests stay firmly in place. It's less bulky than the Gesture and easier to move around, and it doesn't collect lint as much. One of the chairs we tested adjusted only 2 inches, from 18 to 20 inches, in contrast to others, which were twice as adjustable.Problem: poor lumbar supportSolution: a lumbar support pillowThe best office chairs provide great lumbar support, with extra padding for the natural curve of your lower back. The seat cushion is thick and soft—an improvement over the slightly too-firm seats of our previous budget pick, the HON Exposure, and the similarly priced Fully Desk Chair. It costs about the same as the Aeron, and it scored well with our panelists in comfort, back support, ease of reclining, and overall appearance, but the Aeron still edged this chair out by a hair in all of those categories. But if you fall into the goldilocks zone of not being too tall or too short, the Markus could be a solid option. If you're looking for something more affordable, the HON Ignition 2.0 makes the fewest sacrifices of any inexpensive office chair we tested and is an upgrade to our previous budget pick, the HON Exposure. It's also the most visually distinctive model we tested—for better or worse, depending on your taste.If our top picks are out of your price range, the Herman Miller Sayl provides similar comfort and durability for nearly half the price. The back pushes you forward more than natural, the headrest is uncomfortable, and the adjustments are difficult to control.IKEA's Hattefällj is a budget-friendly, \$



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