

## Reclining on the Rise

### *Doctors Agree Reclining Reduces Stress*

**SACRAMENTO, Calif. (October 30, 2009)** – It’s time to sit up and take notice of Californian’s love for relaxing and reclining! In our area, recent sales of reclining furniture have increased an impressive 20 percent over last year for the six Northern California La-Z-Boy Furniture Galleries owned by Placer County residents Liz and Jim Reego.

“People who work hard want to come home and relax a little,” said Liz Reego, co-owner of the local La-Z-Boy Furniture Galleries. “Whether working all day in an uncomfortable chair or driving and attending to kids at home and at various sports events, people need that down time to rest their backs and relax their mind.”

Turns out, there are health benefits to support the increased reclining. In a recent survey\*, a whopping 94 percent of physicians agree that sitting at home in a reclining position helps to reduce stress. In addition to this benefit, 7 in 10 doctors agree that reclining also helps to alleviate back pain, which affects 90 percent of adults at some point in their lives. And, given that Americans spend at least \$50 billion each year in treatments for back pain alone, a new La-Z-Boy recliner, sofa or sectional is a small price to pay for possibly improving overall health and well-being.

“We are proud to participate in helping people feel better,” said Reego. “And La-Z-Boy recliners and reclining sofas are uniquely designed to support the back unlike any other brand. Our chairs have a special seat-to-back hinge that never leaves the back unsupported. In addition, our three-position leg rest is the only one that can be tilted high enough to get feet up higher than the heart—a boost for relaxation. It’s no wonder La-Z-Boy is the number one brand. Now our customers can come in and say they need a chair because it’s ‘just what the doctor ordered!’” added Reego.

Locally, La-Z-Boy Furniture Galleries carries an extensive selection of reclining furniture that varies in styles, designs, sizes, fabrics, leathers and options including swivels and brushed nickel handles to fit virtually any lifestyle.

*\*Study recently published by La-Z-Boy, Inc.*

#### ***About La-Z-Boy Furniture Galleries***

*Placer County residents Liz and Jim Reego currently own and operate six Northern California La-Z-Boy Furniture Galleries stores and employ 140 local residents. The La-Z-Boy Furniture Galleries stores – located in Elk Grove, Rancho Cordova, Roseville, Sacramento, Chico and Redding – offer the complete line of La-Z-Boy furniture from several La-Z-Boy companies including Hammary and Kincaid Furniture. Full service in-store, in-home and commercial design services are available from a staff of professional designers and sales people who are trained to assist clients with a full range of furnishing needs. Additional information is available at [www.lazboyhome.com](http://www.lazboyhome.com)*