



The stool has a timeless, Scandinavian design and is made from beautiful, sustainable materials.



OneLeg comes in a variety of sizes for both indoor and outdoor activities and is made from beautiful, sustainable materials.

## A better way to sit

**Susanne Schmidt has always been the entrepreneurial type. When she had a problem sitting while doing her gardening, she came up with a sustainable solution that turned into a full-time business.**

By Emilie Kristensen-McLachlan | Photos: OneLeg

To Susanne Schmidt, a problem is always simply an opportunity to come up with a solution. When she experienced back pain and sore legs when doing her gardening, she came up with the idea that has now grown into a small company. "I've never worked in the health industry, and I'm not a designer. But I needed a better way to sit. That was the beginning of OneLeg," says Schmidt.

With the help of a friend with the right knowledge and training, she created a stool in a timeless, classic design that ensures good and healthy sitting postures. The stool has a round bottom that makes it easy to move around freely without straining your back, and it doesn't leave any marks on your lawn or floor. In just over a year, OneLeg grew from a side project into a full-time business. "It started out as a product mainly for gardeners, but I quickly found out that it would be

useful for a range of people, from health-care professionals to nursery children and people who simply want to sit better when working," says Schmidt.

### Sustainable for the body and the environment

OneLeg now comes in a variety of sizes for both indoor and outdoor activities. The model for the garden is made from polyethylene, a type of plastic that can be reused over and over again. Sustainability is important for Schmidt, whether it's in relation to her products' materials or their functionality. "You shouldn't worry about



using certain types of plastic. If recycling is optimised and dealt with properly, these materials can be used again and again. The material is incredibly strong. Our products can be passed on from generation to generation," she says.

In the past few years, Schmidt has started to produce stools in wood, as well. Right now, she's experimenting with creating a model made from recycled materials. "Our focus is on continuing the Scandinavian tradition of having a sustainable design in beautiful materials, which really makes a difference to how people sit and work, whether it's at home, in the garden or at work," Schmidt concludes.



Web: [www.oneleg.dk](http://www.oneleg.dk)