



Stand Up for Your Health!

Utilizing an adjustable height desk or retrofit workstation is a very important part of a healthy working environment. Numerous studies show that working exclusively from a seated position for extended periods of time is detrimental to your health. A study published in the *Journal of Medicine & Science in Sports & Exercise* found that people who sit for most of the day were 54% more likely to die of a heart attack. Another recent study published in the *Annals of Internal Medicine* found that prolonged sedentary behavior increased risk of heart disease and cancer by as much as 20% and diabetes by as much as 90%. Back injuries are at epidemic proportions and static seated posture has been found to be a significant contributor.

A recent study by researchers at Texas A&M concluded that employees with sit/stand capable desks were 46% more productive than those with traditional seated desks. Additionally, at 6 months, nearly 75% of those with stand-capable workstations experienced decreased body discomfort compared to the seated controls who experienced no statistically significant decrease in body discomfort.

Dr. James Levine, director of the Mayo Clinic-Arizona State University Obesity Solutions Initiative, states that based on his research, "Sitting is more dangerous than smoking and is more treacherous than parachuting. We are sitting ourselves to death."

We need to stand up for our health!

Adjustable height ergonomic desks allow people to regularly change between standing and seated working positions. Proven benefits include:

- Improved blood circulation.
- Relief from muscle ache caused by static posture.
- Increased alertness, concentration and productivity.
- Flexibility to adjust your working position to the task in hand.
- Ability to move and change position without interrupting workflow.
- Burn more calories.

Posture Depot takes pride in offering products that meet our strict quality and ergonomic standards. That is why we have partnered with leading suppliers of sit-stand solutions.

Posturite and Conset electric adjustable height desks are unmatched in appearance, functionality, and ergonomic features that ensure a safe, productive, and stylish workspace. They are also among the most durable and affordable desks on the market. Great for office, home office, or industrial applications.

Posturite's DeskRite 100 and Ergotron's retrofit sit-stand systems allow you to customize any existing work surface into an adjustable height workstation. Ergotron offers many styles to choose from to ensure a custom fit for any office or home office environment.

Please contact me if you are interested in one of our sit-stand solutions. They are proven to improve employee productivity and satisfaction while decreasing injury, absenteeism, and Worker's Compensation costs.