

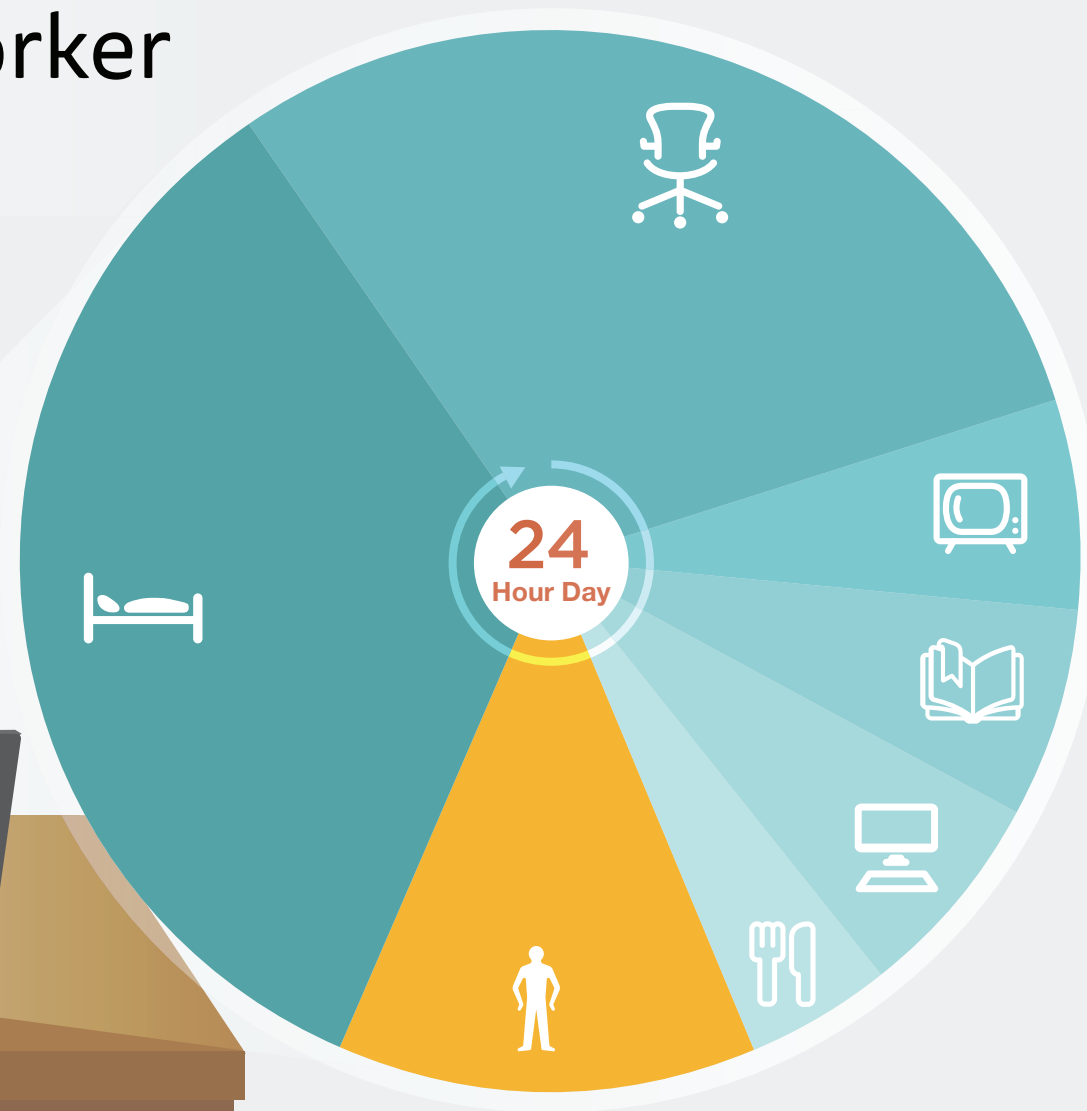
*ERGOTRON*<sup>®</sup>







Sit Less. Stand More.

# How much employees are sitting should scare employers

People across the world are spending too many hours sitting each day.  
Look how quickly the hours add up!

## How Sedentary is the Typical Office Worker Each Day?

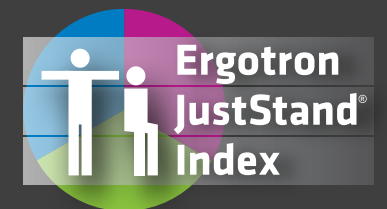


-  **Sitting at Work**  
7.5 Hours
-  **Watching TV**  
1.5 Hours
-  **Leisure Time**  
1.5 Hours
-  **On Home Computer**  
1.5 Hours
-  **Eating**  
1 Hour
-  **Active/Standing**  
3 Hours

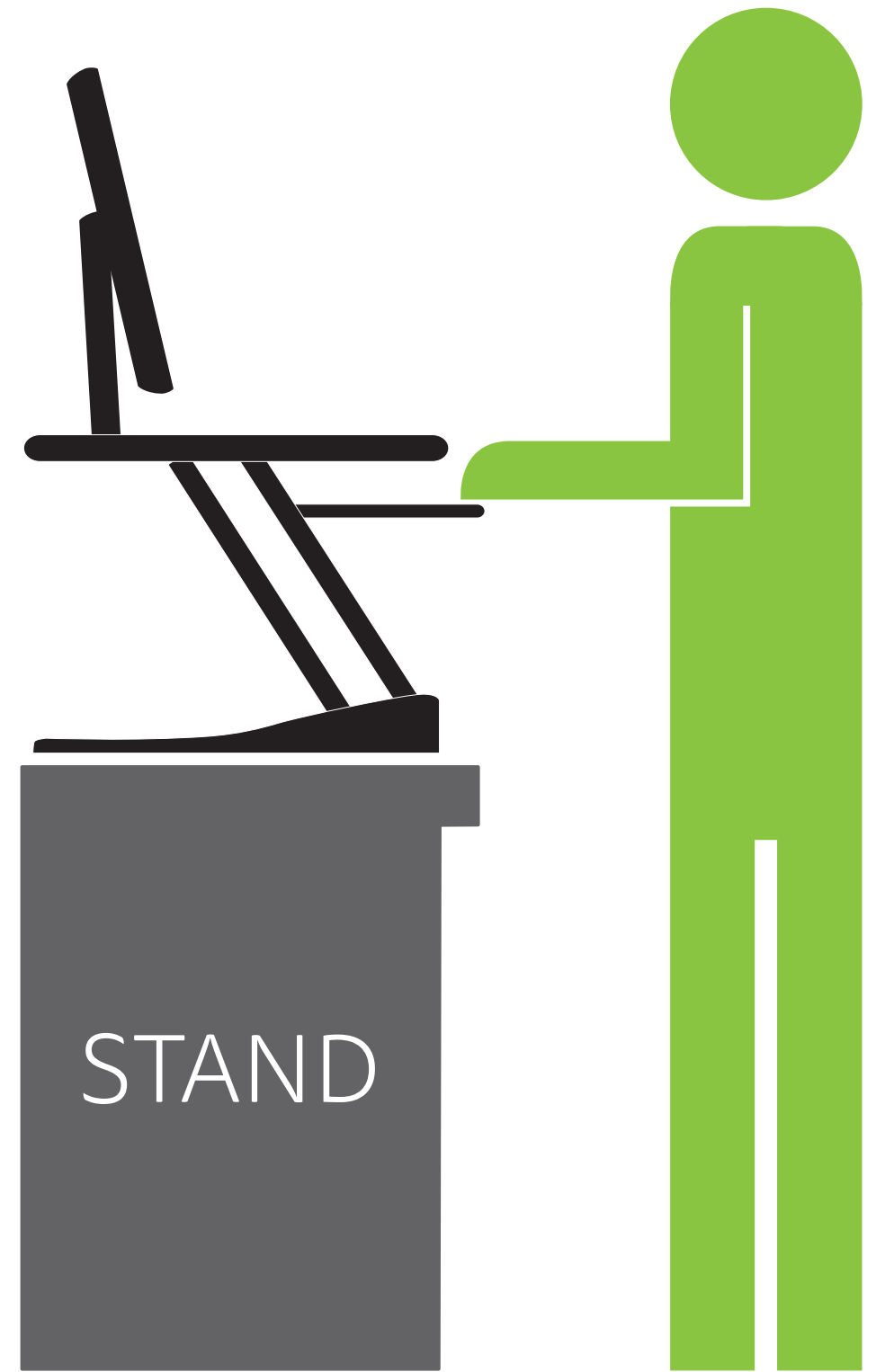
The British Journal of Sports Medicine reported that sedentary behavior in the UK accounts for 65-75% of working hours, of which more than 50% is accumulated during prolonged periods of sustained sitting.

Stand Up Australia reports that 77% of an Australian's workday is sedentary.

The JustStand Index found that American workers are spending 21 hours engaged in sleeping or sedentary activities.



Visit [JustStand.org/Index](http://JustStand.org/Index) for survey results



# A life less sedentary

European Food Information Council



**MEDIA BUZZ!**



**SITTING ALL DAY IS WORSE FOR YOU THAN YOU MIGHT THINK**

*National Public Radio (NPR)*

TOO MUCH SITTING  
LINKED TO AN  
EARLY DEATH

*Harvard Health*

**JUST  
STAND  
.ORG**



**SITTING  
IS THE  
NEW SMOKING**

*The Sydney Morning Herald*



**Inactivity**  
is a global concern

21-25%

**Breast & Colon Cancers**  
*due to physical inactivity*

30%

**Ischaemic Heart Disease**  
*due to physical inactivity*

27%

**Diabetes**  
*due to physical inactivity*

Published by the  
World Health Organization (2009)



There are metabolic, cardio and mental impacts of sitting



**Muscle activity drops**

**Metabolism slows**

**Enzyme production lowers dramatically**

**Insulin effectiveness drops**

**Fatigue, distraction and stress increases**

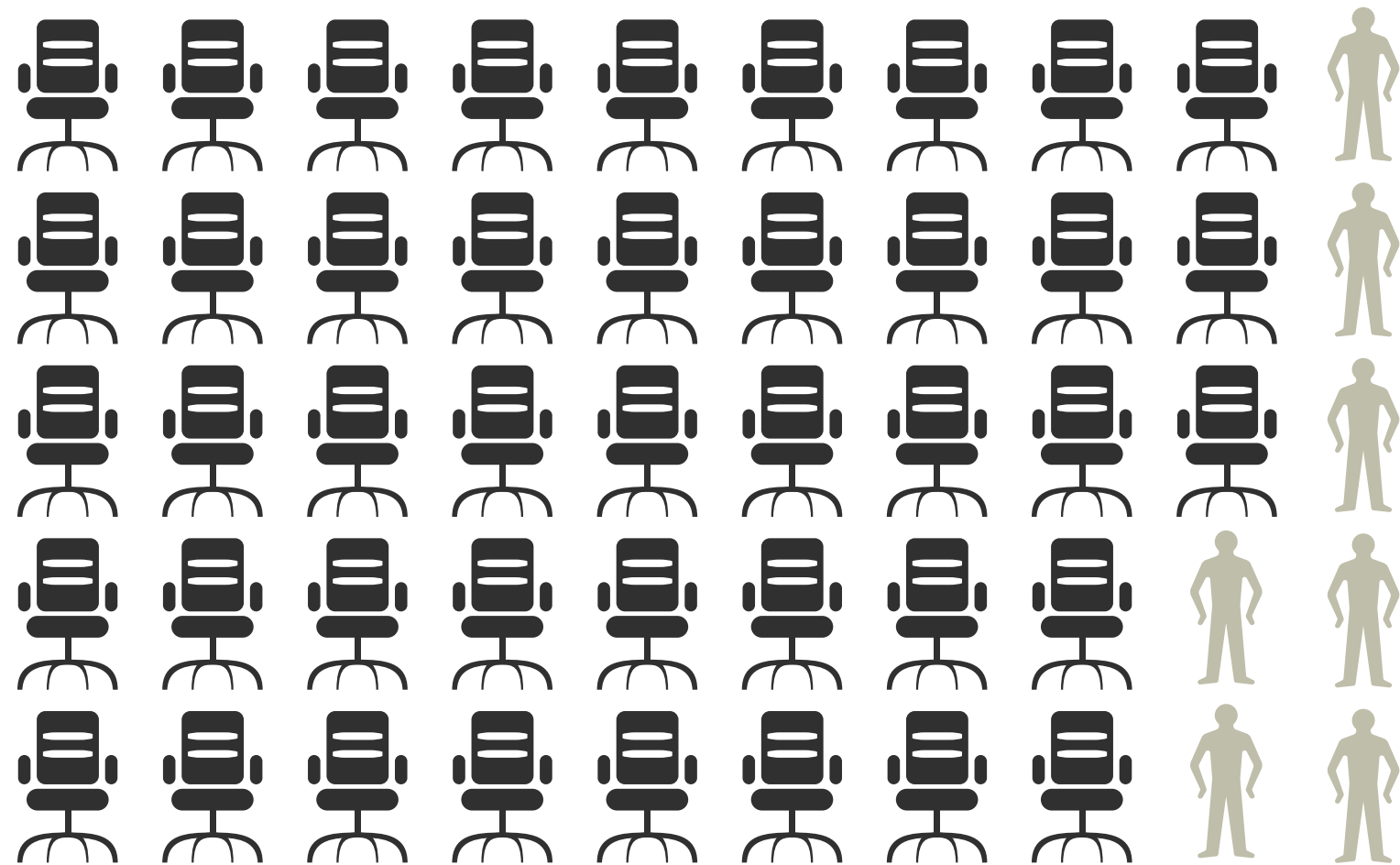
**Risk for anxiety and depression increases**



[research.JustStand.org](https://research.JustStand.org)

WITH THE RAPID DEVELOPMENT OF MODERN TECHNOLOGY,  
SITTING HAS BECOME THE MOST COMMON POSTURE  
IN TODAY'S WORKPLACE *Occupational Medicine*

58 million white collar office workers



ONLY 1.5 MILLION WILL GET  
A NEW DESK THIS YEAR

84% of workers would rather  
sit or stand as they please *JustStand Index*

PEOPLE ARE CREATING DIY SOLUTIONS.  
DO YOU APPROVE?



# Upgrading desks to sit-stand offers many benefits

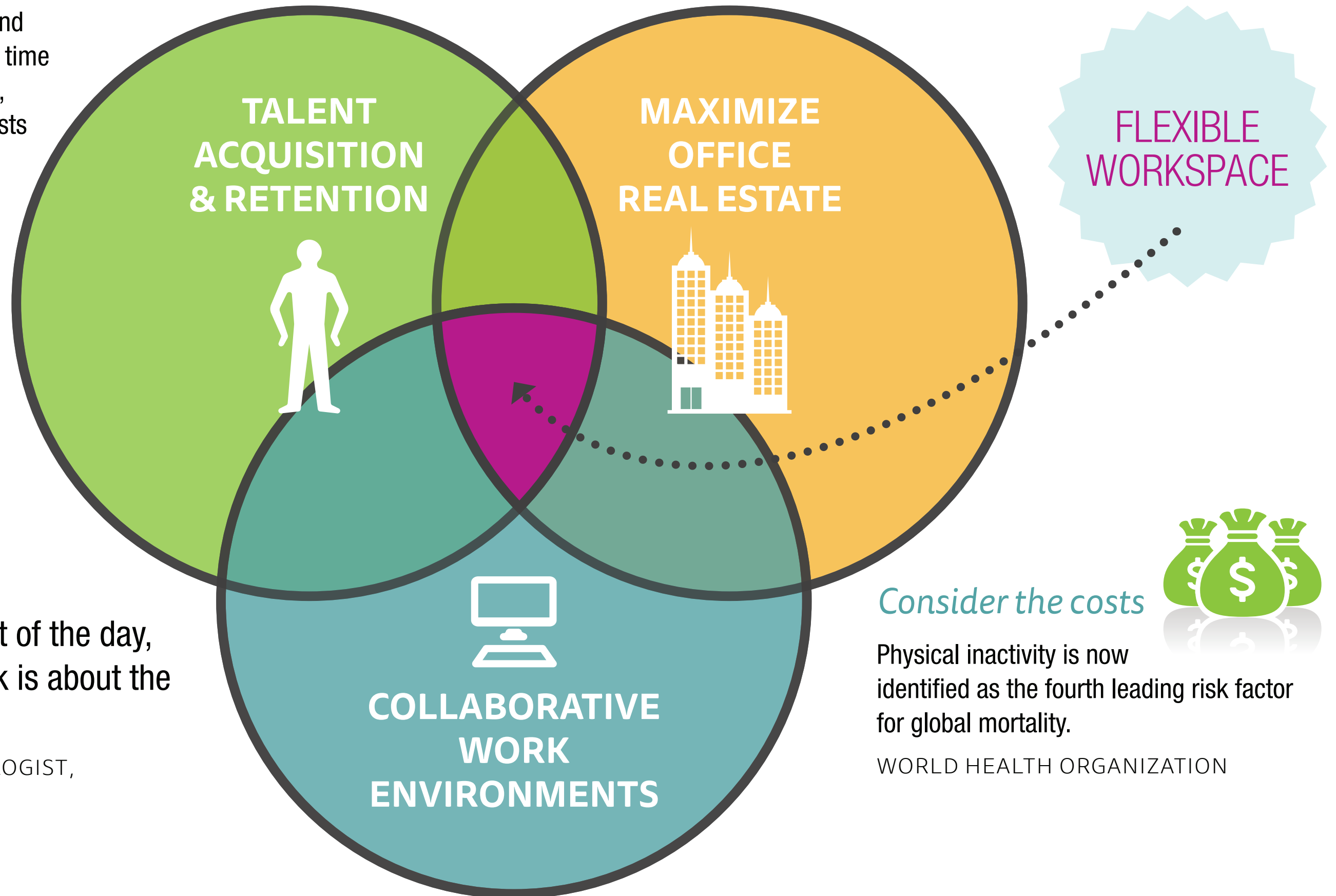
There's evidence that a sit-stand workstation can reduce sitting time in office workers. Furthermore, epidemiologic evidence suggests that the reductions in sitting at the workplace could potentially have considerable impact on cardiovascular disease and type 2 diabetes prevention.

GENEVIEVE HEALY, PhD,  
THE UNIVERSITY  
OF QUEENSLAND



For people who sit most of the day, their risk of heart attack is about the same as smoking.

MARTHA GROGAN, CARDIOLOGIST,  
MAYO CLINIC



## Consider the costs

Physical inactivity is now identified as the fourth leading risk factor for global mortality.

WORLD HEALTH ORGANIZATION





# Flexible sit-stand solutions exist

For all of the stakeholders involved:

*Employees*

*IT*

*HR*

*Facilities*

*Risk Management*

*C-Suite*

RETROFIT ANY SURFACE

LIBERATE ANY WORKSPACE

COST-EFFECTIVE SCENARIOS

NEW BUILDS OR EXISTING OFFICES

DESIGN TO TEAM TECHNOLOGY NEEDS





# And they're affordable too



## 365 DAYS OF GOODNESS

\$1.10 per day. That's the average cost of an Ergotron workstation. Equal to the cost of a typical daily indulgence at work. A cup of coffee. A soda. A pack of gum. An investment in sit-stand computing for employees not only is affordable, it is proven that ergonomic investment has up to 20% productivity gains. What can that mean for an employer?

**100%**

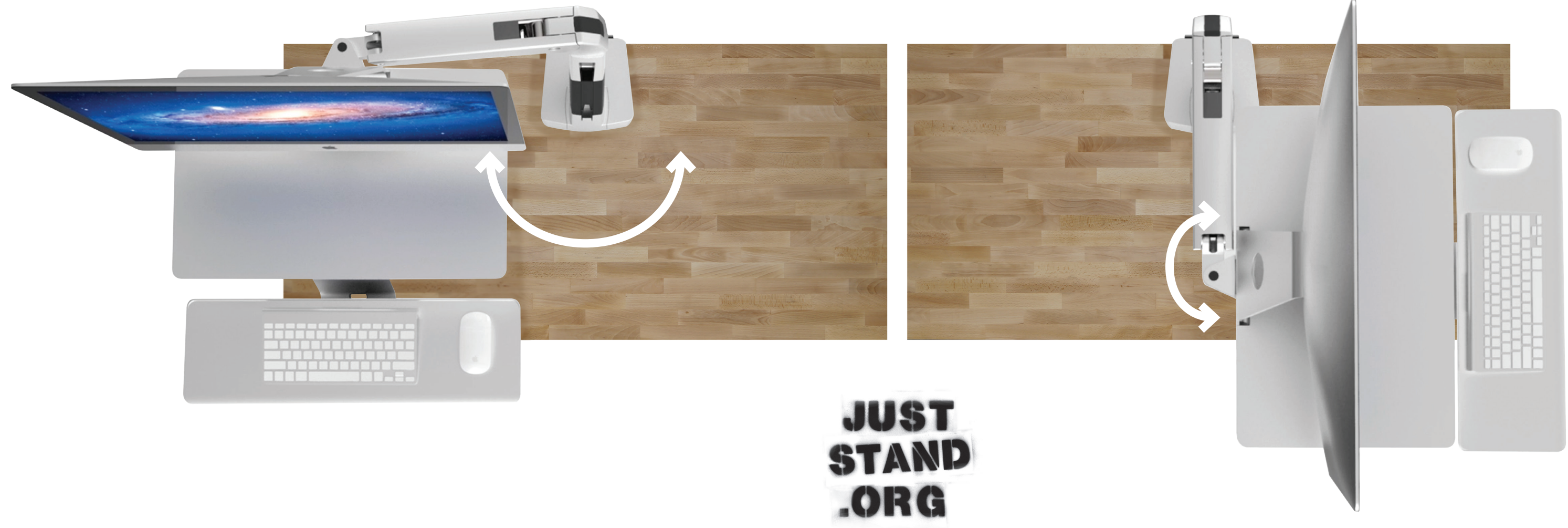
OF SIT-STAND  
WORKSTATION USERS  
FELT BETTER!

2 OUT OF 3 REPORTED  
FEELING MUCH BETTER

Study published by  
the Centers for Disease Control  
and Prevention (CDC)

*Companies can achieve  
similar results  
when their employees  
stand even one  
additional hour a day*

TOP VIEW



### *Improve workflow*

Ergotron WorkFit workstations bring new flexibility to traditionally static environments, increasing your options for equipment placement, improving workflow, and enhancing social interaction. That's good for a company's bottom line.

### *Getting started with Sit-Stand*

Integrating a sit-stand environment is easier than you think. Whether you are upgrading an existing space or designing for a new build, WorkFit units are easy to install and use. They offer tool-free adjustment to suit individual users, and are tested to help ensure years of trouble-free up-down movement.





### **WorkFit-A**

#### *With Suspended Keyboard, Platinum*

This premium mount and worksurface is compatible with desks  $\leq 31.5$ " (80 cm) deep. Clamps to the rear or side of most surfaces. Swings side-to-side.



### **WorkFit-A**

#### *For Apple®*

An iMac® base slips easily under the worksurface and securely holds it in place. Compatible with desks  $\leq 31.5$ " (80 cm) deep. Clamps to the rear or side of most surfaces. Swings side-to-side.



### **WorkFit-A**

#### *Single LCD with Suspended Keyboard*

Clamps to the rear or side of most surfaces. Compatible with desks  $\leq 31.5$ " (80 cm) deep. Fold-up keyboard tray. Swings side-to-side. Available in LD and HD monitor models.



### **WorkFit-A**

#### *Dual with Suspended Keyboard*

Clamps to the rear or side of most surfaces. Compatible with desks  $\leq 31.5$ " (80 cm) deep. Fold-up keyboard tray. Swings side-to-side.





### **WorkFit-A**

*Single LCD with Worksurface+*

Ideal for corner workstations. Clamps to the rear or side of most surfaces. Swings side-to-side.

Available in LD and HD monitor models.



### **WorkFit-A**

*Dual LCD with Worksurface+*

Ideal for corner workstations. Clamps to the rear or side of most surfaces. Swings side-to-side.

Swings side-to-side.



### **WorkFit-S**

*Single LCD*

Easily clamp to the front of the desk.

Available in LD and HD monitor models.



### **WorkFit-S**

*Dual LCD*

Easily clamp to the front of the desk.





**WorkFit-S**

*Single LCD with Worksurface+*

Easily clamp to the front of the desk.  
Available in LD and HD monitor models.  
Available in black or white finish.



**WorkFit-SR**

*1 Monitor with Deep Surface*

Easily clamp to the back of the desk.  
Available in black or white finish.



**WorkFit-SR**

*Hvy Monitor with Deep Surface*

Easily clamp to the back of the desk.  
Available in black or white finish.



**WorkFit-SR**

*Dual Monitor with Deep Surface*

Easily clamp to the back of the desk.  
Available in black or white finish.



**WorkFit-S**

*Dual LCD with Worksurface+*

Easily clamp to the front of the desk.  
Available in black or white finish.



**WorkFit-SR**

*1 Monitor with Short Surface*

Easily clamp to the back of the desk.  
Available in black or white finish.



**WorkFit-SR**

*Hvy Monitor with Short Surface*

Easily clamp to the back of the desk.  
Available in black or white finish.



**WorkFit-SR**

*Dual Monitor with Short Surface*

Easily clamp to the back of the desk.  
Available in black or white finish.





### **WorkFit-T & WorkFit-TL**

Sits on top of the desk (no mounting or clamping required). Optional monitor mount kits available.

Available in black or white finish.

WorkFit-T not available in APAC.





ROBUST  
SITE  
ALREADY  
IN PLACE  
40,000+  
VISITS  
PER MONTH

WITH TOOLS  
TO HELP  
YOU AND  
YOUR CUSTOMERS  
ADOPT OR SELL

**JUST STAND .ORG** **ERGOTRON** Mission Facts For Kids Products Tools Events Join Blog

## BACK ON TRACK: REDUCING BACK PAIN AT WORK

Stanford University study reveals the benefits of using sit-stand workstations in the office

The Latest in Workspace Wellness

Guest Blogger: Denise Blaha of Quitting the Sitting  
1 day ago

Q&A: Standing desks require training, like a marathon?  
1st Apr 2016

Take your health to new heights at work  
25th Mar 2016

[Read More »](#)

**MoveMore®** blog

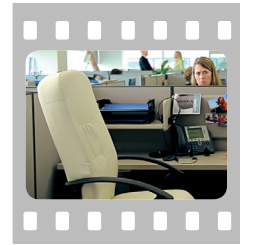
- 1 The Challenge**  
• Mission Facts Research •  
Are you [sitting long hours](#) each day? We know a sedentary lifestyle is unhealthy. But do you realize how serious [sitting disease](#) really is?
- 2 The Solution**  
• Products Tools •  
Stand up for your health! [Burn extra calories](#) and increase your energy. With a [standing desk](#) at work, it's easier than you may think.
- 3 Community**  
Events Join Blog  
Testimonials show it's worth sharing:  
[f](#) [t](#) [p](#) [G+1](#) [✉](#)

**The Facts**  
Find the facts and the Infographics to share

**Research**  
Find the science behind the need to stand

**Products**  
Find the tools to get started

**Videos**  
Be informed and entertained



See "The Office Breakup"  
[movies.ergotron.com](http://movies.ergotron.com)

Planning tools  
for the best  
ergonomic positions  
for your height

Get social with us!  
[facebook.com/JustStand](https://facebook.com/JustStand)

@Ergotron  
#JustStand  
#WorkFit



For more news  
check out  
[@juststandnews](https://twitter.com/juststandnews)

**ERGOTRON®**

We have your back, literally!

**WorkFit Installation Services**

Correct ergonomics

Cord management

Integration to existing furniture



**At POS and After Sale Support**

800-888-8458 / +31 33 45 45 600

Live chat at [www.ergotron.com](http://www.ergotron.com)

[customerservice@ergotron.com](mailto:customerservice@ergotron.com)