



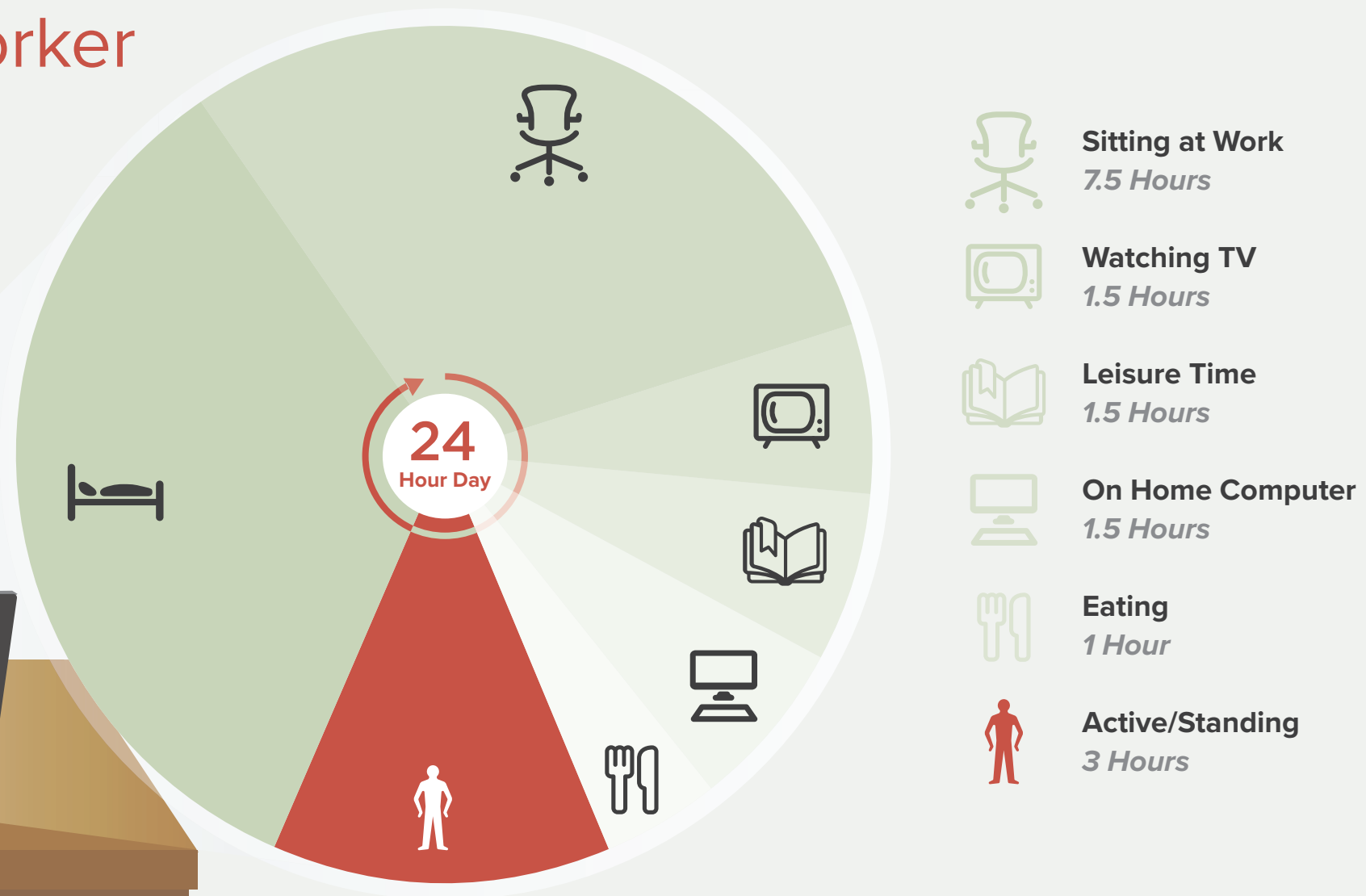
ERGOTRON[®]

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!

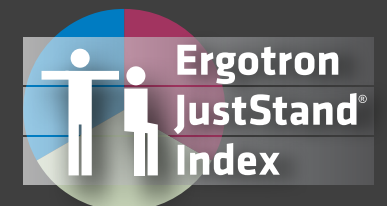
How Sedentary is the Typical Office Worker Each Day?



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/jsIndex for survey results

SIT



STAND



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



**SITTING
IS THE
NEW SMOKING**

The Sydney Morning Herald



Inactivity
is a global concern

21-25%

Breast & Colon Cancers
due to physical inactivity

30%

Ischemic 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

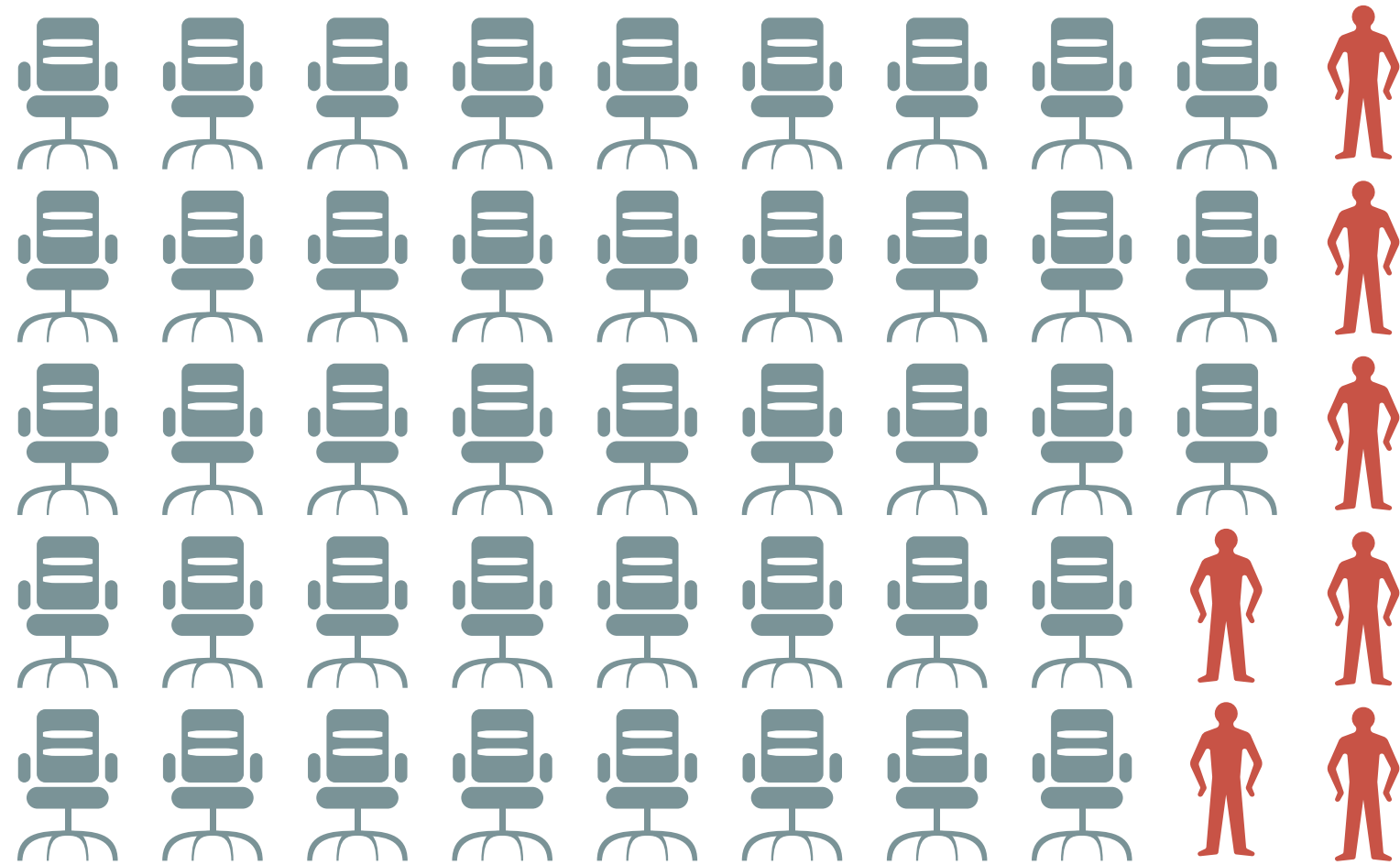


research.JustStand.org

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

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

58 million white-collar office workers



ONLY 1.5 MILLION WILL GET
A NEW DESK THIS YEAR



Upgrading desks to sit-stand offers many benefits

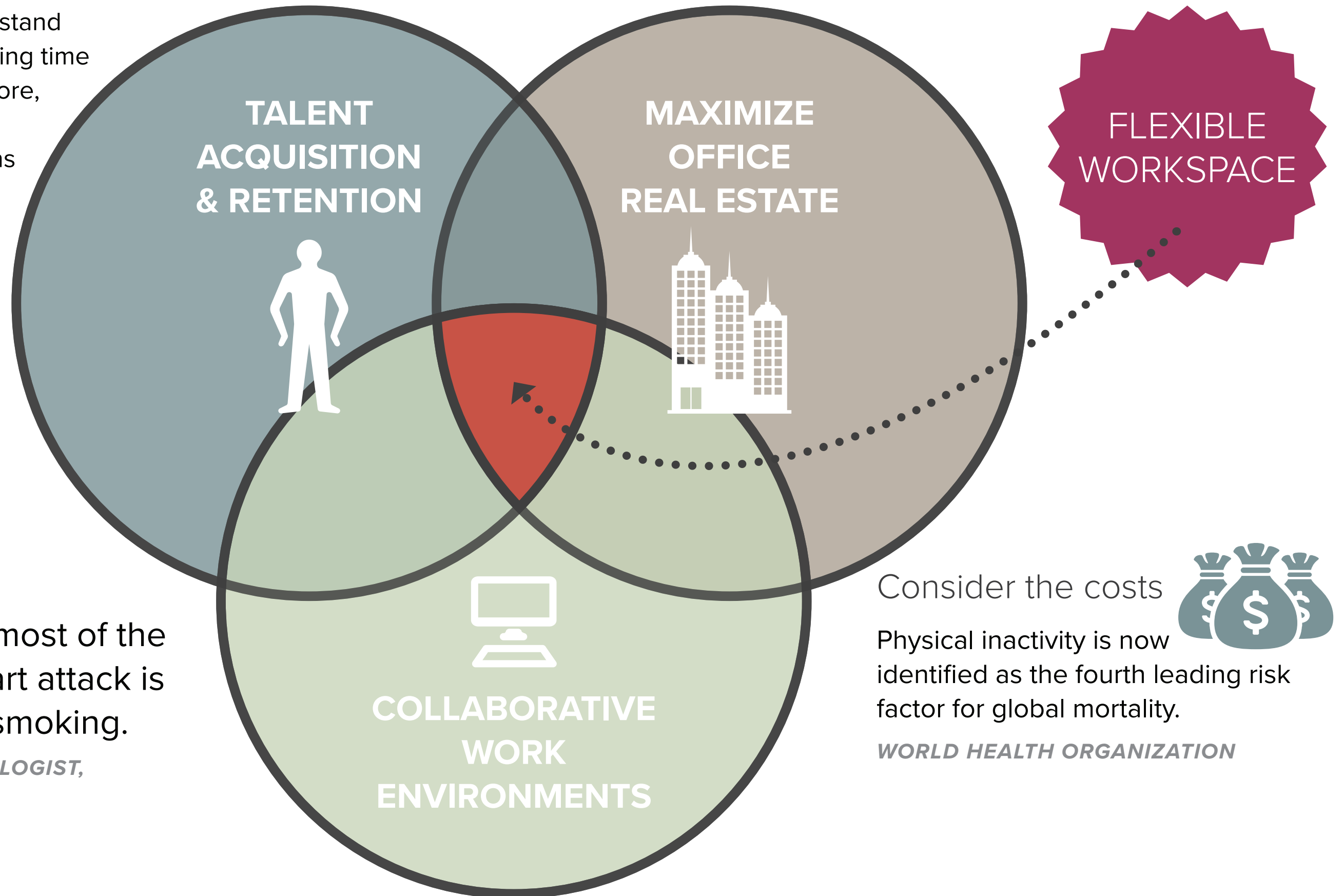
There's evidence that a sit-stand workstation can reduce sitting time in office workers. Furthermore, epidemiologic evidence suggests that the reductions in sitting at the workplace could potentially have considerable impact on cardiovascular disease and type 2 diabetes prevention.

*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 (WORKFIT-A FOR APPLE)



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 ≤ 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 ≤ 31.5 " (80 cm) deep. Fold-up keyboard tray. Swings side-to-side. Available in LD and HD monitor models.



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-S

Single LCD
Easily clamp to the front of the desk. Available in LD and HD monitor models.



WorkFit-A

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



WorkFit-A

Dual with Suspended Keyboard
Clamps to the rear or side of most surfaces. Compatible with desks ≤ 31.5 " (80 cm) deep. Fold-up keyboard tray. Swings side-to-side.



WorkFit-A

Dual LCD with Worksurface+
Ideal for corner workstations. Clamps to the rear or side of most surfaces. Swings side-to-side.



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-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 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-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
WITH
50,000+
VISITS
PER
MONTH

ONLINE TOOLS
TO HELP YOU
AND YOUR
CUSTOMERS
ADOPT OR SELL
SIT-STAND

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+](#) [✉](#)

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

Planning tools
for the best
ergonomic positions
for your height
juststand.org/toolkit

Get social with us!
facebook.com/JustStand
[@Ergotron](https://twitter.com/Ergotron)
[#JustStand](https://twitter.com/JustStand)
[#WorkFit](https://twitter.com/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

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Live chat at www.ergotron.com

customerservice@ergotron.com