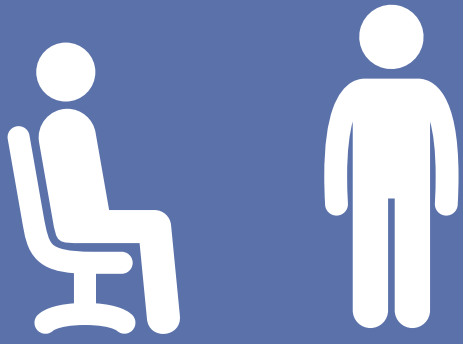


Sit-Stand Workstation

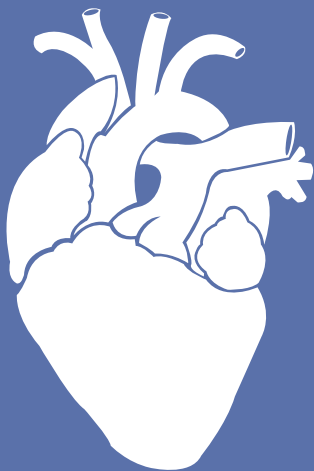


SIT-STAND-SWITCH

The capability for a sit-stand-switch is a superb way to prevent too much stress being placed on your body in any one position, at any one time, for optimum health at work.

EXERCISE

Even if you exercise for an hour every day, you will not counteract the ill-effects of sitting for an 8 hour day! Your body needs regular movement, such as sitting and standing, in addition to exercise to maintain peak fitness and health.



METABOLIC SYNDROME PREVENTION

Metabolic syndrome is the name for numerous conditions that increase your risk of heart disease, stroke and diabetes. Standing frequently is proven to help prevent this as it burns 30% more calories per hour than sitting as well as helping to moderate insulin levels.

BETTER MOOD AND MORE ENERGY

When your body is moving it pumps oxygenated blood to the brain releasing mood-enhancing chemicals, promoting motivation, enthusiasm and good morale.



INCREASED BRAIN POWER

Sit-standing enables the brain to benefit from nutrients and oxygen by stimulating blood flow. One of which is Neurogenesis, the creation of new cells. This leads to increased productivity by up to 19%!