



For decades, sitting at a desk has been the norm. But, thanks to science and research, we now know that sedentary behavior causes a host of health and wellness problems—from poor circulation to premature spinal disc degeneration—and is detrimental to our long-term well-being.

Standing up to work suddenly sounds appealing, but long-term standing comes with a fresh crop of problems, like swelling and discomfort, and requires 20% more energy than sitting.ⁱⁱⁱ

340

calories burnt per day
by spending 2 hours
standing

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Employees today want to work in environments that support and encourage a comfortable, active work space. Sit/stand products are enticing to staff, and, far from being the latest office gimmicks, they're the way of the future.

Since happy, healthy and active employees are productive employees, the QuickStand station makes the ideal addition to any workplace.

www.humanscale.com