



Sit-Stand.Com® is the Official Supplier to Active Working®² and a Founding Supporter of the Get Britain Standing®¹ campaign.

OFFICIAL SUPPLIER

OFFICIAL SUPPORTER



Start off on the correct footing

It's commonplace that mistakes are made when introducing sit-stand furniture. To ensure maximum wellness and productivity gains, it is essential to develop clarity with robust educational practices.

In order to build a powerful knowledge platform to nurture best practice, we highly recommend our customers provide their staff with a 60 minute **Active Working Seminar**®.

We arrange for an Active Working expert to visit your office, conduct an audit & present a seminar & guidelines tailored to your needs:

- Important insight into the risks attributable to excessive **sedentary behaviour**
- Provide essential **education, guidelines & best practice** to deliver effective change
- Help you become better informed about the **cost-benefit** of multiple equipment, software & training solutions
- Deliver improved **performance, wellness, engagement & reduce absenteeism**
- A chance to ask difficult questions and get an expert opinion



Healthy thanks to our expanding customer base



Notes:
¹Get Britain Standing® a campaign to grow awareness and education of the dangers of sedentary working and in particular prolonged sitting time. The average UK office worker sits 10 hours each day, with almost 70% of sitting taking place at work. There is growing scientific evidence highlighting the multiple health risks (including cardiovascular disease, diabetes (type 2), certain cancers, musculoskeletal and mental health) caused by excessive and prolonged sitting.
²Active Working CIC is leading the global insight and evidence based research on sedentary behaviour. We commissioned the first global expert recommendations on standing time for office workers (with the support of Public Health England), published by the British Journal for Sports Medicine in June 2015. We spearhead international Get Standing™ campaigns in, Australia, USA, Canada, Ireland and Europe.

