

COMPLETE GUIDE TO

THE BENEFITS OF STANDING

sit-stand.com

WORK SMART. WORK HEALTHY.



VARIDESK.com

VARIDESK®

WHAT IS A VARIDESK?

- **The VARIDESK is a sit / stand desk.** It's an effective, affordable, easy-to-use height adjustable desk for both home and office.
- **The VARIDESK allows you to work from either a standing or a sitting position,** and makes it easy for you to switch positions as often as you like. It's an adjustable platform that sits on top of your existing desk.
- **When you feel the need to stand,** simply raise the VARIDESK up using the convenient handles on either side. Simply reverse the process to return to a seated position.



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Research shows that sitting in your chair for ten or more hours a week can be directly linked to weight gain, back issues and circulatory problems in the long run.

- **Standing improves your breathing** by allowing the chest to be fully open, giving full facility to the diaphragm, maximising the intake of oxygen into your lungs and so delivering more oxygen to your body improving your concentration.
- **Instead of crouching over the computer screen**, move naturally. This allows the body to burn calories and engages your muscles, the extra movement allows the blood to circulate throughout the body.
- **Standing is an effective approach to tackling low blood pressure.** Regular periods of standing assist with blood flow and circulation and so helps reduce feelings of faintness or dizziness on standing, which is often caused by low blood pressure.
- **It's an old and recognised sales force technique** - when you want to make a difficult sales call then stand up to do it! Standing up takes you out of the vulnerable seated position and puts you in a stance which is ready to deal with the deep instinctual dilemma of 'fight or flight'. Try it for yourself and you'll see that there is an increase in confidence as you literally stand to face any challenge. This additional confidence makes difficult tasks easier to approach.
- **Standing encourages mobility** and constantly re-aligns the spine as you adjust your stance, engaging and strengthening the core muscles which in turn supports good health

10 BENEFITS TO STANDING AT WORK

- ✓ BURN MORE CALORIES
- ✓ CORRECT YOUR POSTURE
- ✓ IMPROVE YOUR CIRCULATION
- ✓ BETTER BREATHING
- ✓ ENGAGE YOUR MUSCLES
- ✓ KICK START YOUR METABOLISM
- ✓ IMPROVE CONCENTRATION AND CONFIDENCE
- ✓ REDUCE STRESS
- ✓ REDUCE BLOOD PRESSURE
- ✓ GET A BETTER NIGHTS SLEEP

What are the impacts on your health?

! **Weakened Muscles** - Sitting in an office chair all day means that none of the most important muscle groups in your body are getting the activity they need. In order to properly support you, your muscles need to stay active daily.

! **Weight Gain** - The body naturally breaks down fat in the blood stream, but when you are sitting all day, your circulatory system slows down significantly. This is why the average person will gain around 16 pounds just 8 months after starting an office job. It's no wonder why obesity is often associated with long term sitting.

! **Heart Risk** - Sitting has a negative effect on blood sugar and blood fat levels in the body and long term sitting can be linked to heart disease. Long periods of sitting can undo the benefits of a well-intended workout. Heart disease can prove fatal, and in the early stages it can produce heart attacks.

! **Links to Type II Diabetes** - Sitting burns about a calorie per minute, about half of what you would burn by standing. This inactivity can cause insulin levels to plunge, leading to a higher risk of developing Type II Diabetes, especially in women.

! **Chronic Back Pain** – Prolonged sitting in one position, especially if the body is hunched over a desk, is regularly cited as the cause of many chronic back complaints. Furthermore, for those with pre-existing back ailments immobility can exacerbate the condition. Standing, on the other hand, encourages mobility and constantly re-aligns the spine as you adjust your stance, engaging and strengthening the core muscles which then support good posture. It's standard practice now that doctors, rather than recommending bed rest for a bad back as they once did, positively encourage the patient to be as mobile and active as is comfortable to enable the body to correct the ailment itself. A standing desk can play a valuable role in that self-correction.

PRO 30

£270.83 incl vat £325.00

Ideal for single monitor setup

Pro
30

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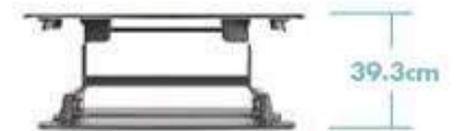
KEY FACTS

- Adjusts upward to a height of 39.3cm
- Work surface measures 76.2cm wide x 50.8cm deep
- Keyboard surface measures 76.2cm wide x 33cm deep
- Keyboard Tray slides out to allow for easy use of your keyboard in seated position
- Holds up to 15 kg of weight
- Product Weight -21kg
- Product Dimensions Flat (cm)
17.7(h)*81.2(w)*71.1(d)
- Product Dimensions Extended(cm)
39.3(h)*81.2(w)*71.1(d)

Perfect for single
monitor use



FLAT



EXTENDED

PRO 36

£291.67 incl vat £350.00

Ideal for dual monitor setup

Pro
36

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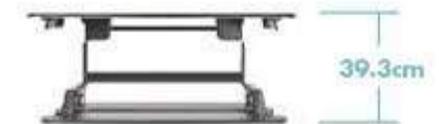
KEY FACTS

- Adjusts upward to a height of 39.3cm
- Work surface measures 91.4cm wide x 50.8cm deep
- Keyboard surface measures 91.4cm wide x 50.8cm deep
- Keyboard Tray slides out to allow for easy use of your keyboard in seated position
- Holds up to 15kg of weight
- Product Weight – 26kg
- Product Dimensions Flat (cm)
17.7(h)*96.5(w)*76.2(d)
- Product Dimensions Extended(cm)
39.3(h)*96.5(w)*76.2(d)

Perfect for dual
monitor use



FLAT



EXTENDED

PRO PLUS 30

£270.83 incl vat £325.00

Ideal for single monitor setup. Seperate keyboard tray allows keyboard to rise with desk.

Pro Plus
30

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KEY FACTS

- New lifting keyboard tray
- Work surface size: 76.2 x 68.5cm (keyboard tray and desk)
- Holds up to 15kg of weight
- Product Weight – 20 kg
- Product dimension (flat):
10.7cm (h) x 76.2cm (w) x 67.9cm (d)
- Product extended dimension:
45.7cm (h) x 76.2cm (w) x 99cm (d)
- Max extension height:
45.7cm (desktop) & 35.5cm (keyboard)
- Free companion app gives you sit and stand alerts
- Switches from sitting to standing position in just 3 seconds
- Ergonomic design adjusts to any user's height
- Fits most desks in any office or cube
- Spring-assisted lift
- Fully assembled; easy set-up



FLAT



EXTENDED

PRO PLUS 36

£291.67 incl vat £350.00

Ideal for dual monitor setup. Seperate keyboard tray allows keyboard to rise with desk.

Pro Plus
36

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KEY FACTS

- New lifting keyboard tray
- Work surface size: 91.4cm x 68.5cm (keyboard tray and desk)
- Holds up to 15kg of weight
- Product Weight – 23kg
- Product dimension (flat): 10.7cm (h) x 91.4cm (w) x 67.9cm (d)
- Product extended dimension: 44.7cm (h) x 91.4cm (w) x 99cm (d)
- Max extension height: 45.7cm (desktop) & 35.5cm (key - board)
- Free companion app gives you sit and stand alerts
- Switches from sitting to standing position in just 3 seconds
- Ergonomic design adjusts to any user's height
- Fits most desks in any office or cube
- Spring-assisted lift



FLAT



EXTENDED

PRO PLUS 48

£333.33 incl vat £400.00

The VARIDESK'S premier model.
Over 120cm workable desktop space.

Pro Plus
48

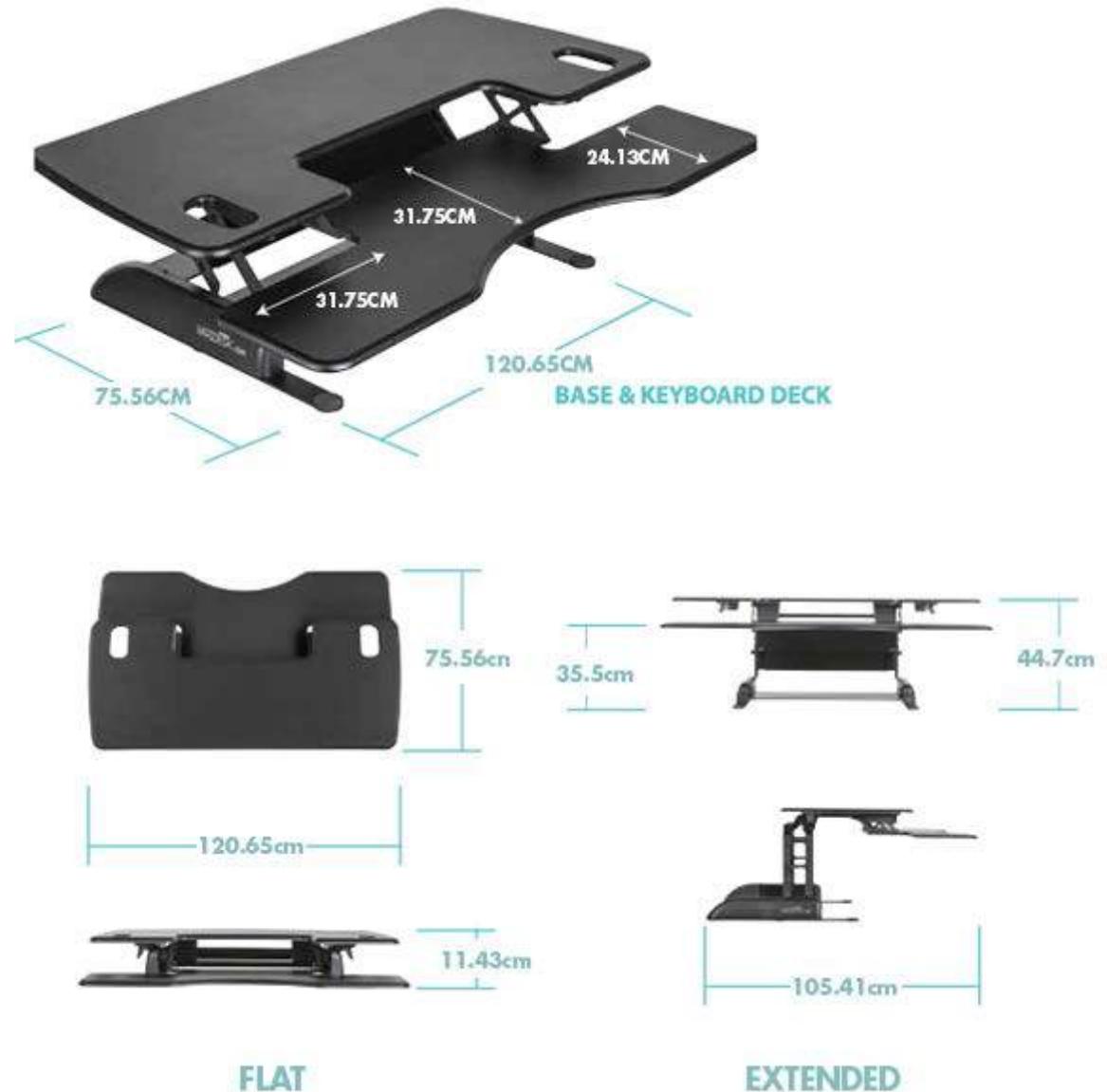
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KEY FACTS

- New lifting keyboard tray
- Work surface size: 120.65cm x 75.56cm (keyboard tray and desk)
- Holds up to 20.41kg of weight
- Product Weight – 27.30kg
- Product dimension (flat): 11.43cm (h) x 121.92cm (w) x 75.56cm (d)
- Product extended dimension: 44.7cm (h) x 121.92cm (w) x 105.41cm (d)
- Max extension height: 45.76cm (desktop) & 35.5cm (key board)
- Free companion app gives you sit and stand alerts
- Switches from sitting to standing position in just 3 seconds
- Ergonomic design adjusts to any user's height
- Spring assisted lift
- Extra spacious mouse area



THE
APP

THE APP - free

Calculate calories burned and prompt you to stand at regular intervals

AVAILABLE FOR:

Windows/Mac Desktop

Iphone from App Store

Android from Google Play

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KEY FACTS

If you're not used to standing then we really recommend you start by downloading our free App, type in 'VARIDESK' to the app store. Enter in your details - gender and weight - and then it can prompt you to stand and sit at whatever level of activity you've requested as well as calculating how many additional calories you're burning by standing

Varidesk Calorie Counter

Weight of Person	100 lb.	150 lb.	200 lb.
	CALORIES USED PER DAY		
15 minutes of standing per hour for 8 hours	200	300	400
30 minutes of standing per hour for 8 hours	400	600	800
45 minutes of standing per hour for 8 hours	600	900	1200

Ergonomics

1. Determine your optimal standing height
2. You should aim to have your elbows at a 90 degree angle
3. Adjust your computer monitors to eye level – your chin should be at a 90 degree angle
4. Wear comfortable footwear if possible
5. Don't hesitate to move around while you are standing. It's natural and great for you!
6. If you get muscle fatigue, try an anti-fatigue mat to make you more comfortable standing

Gradually build on your standing / how much should I stand?

You'll find you'll probably want to build up your standing gradually as you get used to less of a sedentary life - so start by setting the App to prompt you to stand for perhaps 15 minutes every hour. As you become comfortable with that then you can increase the time spent standing and accelerate the health benefits gained by reducing all those sedentary hours. The general recommendation is that a 60/40, 40/60 blend of sitting and standing over successive days are the safest parameters to work within, but it's all really a personal preference and any reduction in the number of hours you spend sitting is going to benefit your health.

Best times to stand:

You have more energy after meals, because standing up helps blood flow which is key to good digestion. The best times to stand are in the morning, after you've had lunch and in the last hours of your day.

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POINTS OF DISCOMFORT

There are 2 points of discomfort that the new stander may experience but don't give up!

1) An ache in the lower back - this is from incorrect posture and can be corrected by just slightly tilting your pelvis under - as in the Mountain Pose in yoga

2) The soles of your feet . Ideally cushion sole shoes are best for longer periods of standing. We offer a comfort mat which will offer you a more cushioned standing posture

STRESS AND IT'S IMPACT ON THE WORKPLACE

Stress affects one in five of the working population from the newest recruit in the post room to the board of directors.

It is now the single biggest cause of sickness in the UK.

Over 105 million days are lost to stress each year – costing UK employers £1.24 billion.

Source <http://www.stress.org.uk/Stress-at-work.aspx>

The total number of cases of work-related stress, depression or anxiety in 2013/14 was 487 000 (39%) out of a total of 1,241,000 cases for all work-related illnesses.

The number of new cases of work-related stress, depression or anxiety in 2013/14 was 244,000.

The rates of work-related stress, depression or anxiety, for both total and new cases, have remained broadly flat for more than a decade.

The total number of working days lost due to stress, depression or anxiety was 11.3 million in 2013/14, an average of 23 days per case of stress depression or anxiety

Source <http://www.hse.gov.uk/statistics/causdis/stress/index.htm>

The total number of working days lost due to MSDs (bad backs) **in 2013/14 was 8.3 million, an average of 15.9 days per case of bad backs**

Source <http://www.hse.gov.uk/statistics/causdis/musculoskeletal/index.htm>

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★★★★★ **Brilliant!**

Ordered the VARIDESK Plus for a staff member who has back problems and prefers to work standing up at his desk. David is absolutely thrilled with the Varidesk and cannot fault it at all. Great purchase - well worth it.

Reviewed by Fire co Ltd from Brighton and Hove. - 10/13/2014

★★★★★ **Giving colleagues desk envy!**

Ordered at lunchtime and arrived the very next morning - great start. Very well packaged. Lifted straight onto desk and immediately ready to go. Clearly a very well designed and well engineered product that could not be more simple in its use. No strength needed to raise it to standing height. The pro version was ideal for me as it gives space for the paperwork that gathers and should allow for a second monitor that may well appear soon. In a recent meeting with a few other head teachers there was a lot of interest in my new gadget and I know at least one of them will be ordering soon. I regard it to be very good value for money. I feel very productive, or should I say, even more productive when stood up and I now wouldn't do without it! Staff have nearly stopped laughing but my back is grateful all day long as I move from sitting to standing at various points of the day.

Reviewed by Kirk from Leicester. - 12/8/2014

★★★★★ **Outstanding!**

Only had this - VARIDESK Pro Plus - a week, but I'm loving it. Very easy to use, very functional. And feeling great standing rather than slumped in a chair. It makes video editing a joy!

Reviewed by Alistair Briggs from Bloxham, UK. - 11/26/2014

★★★★★ **A wise investment**

The pro plus is a serious piece of kit: solid, stable, well-built. The cantilever action is smooth and easy. I have been using it for over a week and it has eased the stiffness in my knees and back considerably. I have also burned over 200 calories per day. If you are considering buying it, I advise you to measure your workspace carefully as it does take up some room. Also be aware that it will raise your screen about 4 inches above your desk so you might need to ensure that you can adjust your chair to avoid putting strain on your neck. You will also need to check that your computer cables are long enough to stretch to its raised height. That said, I recommend it wholeheartedly. Typing while standing, I feel like I am playing the keyboard at a rock concert.

Reviewed by Judith Hawley from London. - 9/9/2014