

Enhanced Brain Power

10 minutes of movement is all it takes to increase mental focus

Just as physical activity shapes the muscles, it can also strengthen key parts of your brain that help you learn and focus.

READ MORE



Around the world, people have become more sedentary than any other time in our history.

JustStand.Org is a modern-day revolution

with the mission to educate and influence healthier lifestyle through the simple act of movement.

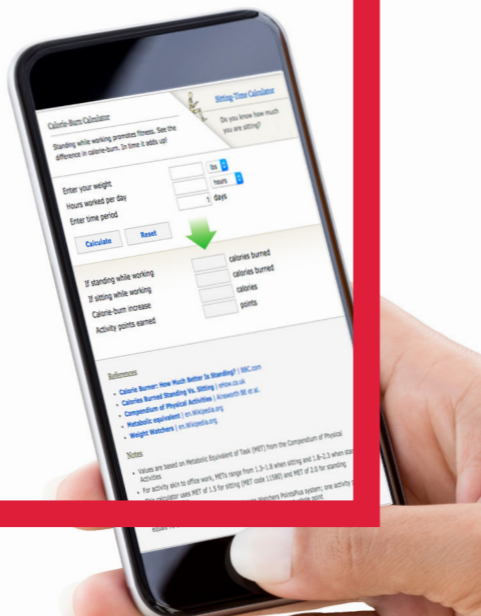
12,376 JUSTSTAND MEMBERS

2,100,000 STANDING GLOBALLY

JOIN THE MOVEMENT!

ARE YOU AT RISK FOR SITTING DISEASE?

The average person is sitting up to 12 hours a day, putting them at serious health risk.



CALCULATE NOW!

MOVEMORE BLOG

Texas A&M study shows standing boosts productivity

There is some lively debate going on outside the political campaign trail right now centered around the effectiveness of sit-stand workstations.

READ MORE

STAND UP!

Let's rethink (and redesign) the workplace, schools, homes and public spaces to maximize human movement.

OFFICE

SCHOOL

HOME



WHAT'S THE LATEST...

EVENT: TCEA 2017 Feb 6 - 10, 2017 | Austin, TX Visit us at booth #XXX

WEBINAR: Building A Business Case For Sit-Stand At Work Feb 15, 2017 | 1pm CT Register here

EVENT: HIMSS 2017 Feb 19 - 23, 2017 | Orlando, FL Visit us at booth #XXX



Why Movement Matters White Paper



JustStand Index 2016



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