Tips & Tricks
for the Sit-Stand User

Once you have your sit-stand workstation installed and it is adjusted to your unique height requirements, take a few minutes to study these tips to make the most of your sit-stand experience. As you know, changing behavior takes time.

Key Considerations/Guidelines:

- Set some goals to incorporate movement into your day; track and challenge yourself to meet those goals.
- Monitor your fatigue level throughout the day; when you start to experience it, change your position. If seated, stand. If standing, sit.
- Be aware that you may experience some discomfort at first as your body adjusts to standing more throughout your day. You may be using muscles that haven't worked much lately.
- An anti-fatigue floor mat offers comfort and safety when standing on hard surfaces.
- Whether sitting or standing, a foot rest can reduce fatigue and increase stability.

Tips & Tricks for Sit-Stand Computing

When standing, assume the "at ease" posture, not "at attention." Allow your body to move as it needs.

Choose a shoe that offers support — when standing, avoid shoes without heels as well as high-heeled shoes.

When someone comes to your desk to talk about a project, raise your WorkFit and stand while you talk to them.

Pace yourself as you learn which tasks you prefer to do standing versus sitting; let your intuition and your ability to stay focused guide your efforts.

If you have to concentrate on a project intensely don't feel bad about sitting: sometimes the body needs to direct most of its energy into a cognitive effort.

When the phone rings, stand up to talk.

Be sure to adjust the height of your display to your eye level; the WorkFit is designed to allow you to move the display to match your eye height in either sitting or standing posture, ensuring a proper ergonomic relationship.

Congratulate yourself periodically for taking a stand for your health; mental well-being is a huge factor in comfort.

Feeling tired? Stand up and take a couple of deep breaths, the oxygen boost will refresh you, and reinvigorate your muscles.

Set Outlook or Lotus Notes alerts and reminders to yourself to stand more.

Check out Ergotron's Calorie-Burn Calculator and see how many more calories you burn while standing compared to sitting.

Enter your weight		lbs ▾
Enter time worked in office		hours ▾
Calculate	**Reset**	
If Standing while working		calories burned
If Sitting while working		calories burned
Calorie-burn increase		calories

Incorporate stretching into either seated or standing positions; movement helps keep you alert and can actually improve cognition.

Advanced technique: after a few weeks of using your WorkFit, when your legs have grown accustomed to standing more, incorporate a few ankle and calf strengthening exercises; rock between your toes and heels, and your right and left foot.

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