

How to use these resources

Help spread the **“Sit Less, Stand More”** message. We’ve assembled the best resources to illuminate the dangers of inactivity and help you share the message with your coworkers, peers and community. All of these items have been vetted over the last six years with organizations and people like you who are interested in helping others create a safer, more comfortable and more energizing workstyle.



This kit contains the following materials in PDF format:

- Check list of ideas for spreading the news
- Tips & Tricks for standing more
- White Paper: Standing for Workplace Wellness
- eBooks: Body Coach and Sit Less-Stand More
- Ergotron’s JustStand® Index & Infographic
- Template: Letter to your boss
- Poster

Different items may have a broader appeal to certain audiences. For example, consider sharing the Sit-Stand white paper with your human resources, health and safety, or risk management teams. The eBooks, on the other hand, may be better geared toward other individuals; they can be added to online resource centers, or linked in monthly newsletters. You may want to use the template letter to request a sit-stand desk from your manager, or use it as a guide to craft your own letter. Feel free to use the infographics as handouts at your next corporate meeting. Be sure to read through the check list for more ideas on how to share the importance of standing with your office.

You have permission to print these documents and post materials on bulletin boards or other public outlets, and to share the PDF files with others. However, please respect the copyrights and do not alter the content in any manner without permission (contact info@juststand.org for more details) and wherever feasible, please link back to the resources on Juststand.org. Creative Commons information is available on JustStand.org in the Infographics section should you decide to post the materials on an internal website or blog.

The problem is daunting, but the solution can be simple: just stand a little more each day. Find out what others are doing to reduce the global impact of sedentary behavior through research and application. Then, jump in and do your part to spread the word or connect with other stand-up champions.

We’ve assembled the tools for you, and we will back you up along the way. We’d love to hear from you on Facebook.com/juststand, Twitter.com/juststandnews or on the [MoveMore blog](http://MoveMore.blog).

Keep standing in good health!



Your team at JustStand Wellness Central

ERGOTRON®

Be a sit-stand champ!on

What does it mean to be a sit-stand champion? It means thinking like a pioneer. Breaking new ground. Rising to new heights. It involves embracing a new concept about work, one that takes a proactive measure towards keeping you healthy. To get you started, we've compiled all the tools needed to intrigue management, inform your coworkers or inspire your employees. Use this checklist or add to it. **Be the champion you are!**



- ☑ Advocate to integrate sit-stand workstations in your office
- ☑ Share materials like the “Standing Up for Wellness in the Workplace” or links like Research.juststand.org with your HR, Health & Safety, or Risk Management teams
- ☑ Print [Infographics](#) and [poster](#) to share at lunch & learns, to post on bulletin boards in common areas; or share them on your blog or social media profiles
- ☑ Include JustStand.org e-tools like the [Sitting-Time Calculator](#) in e-newsletters, blogs, etc.
- ☑ Discuss the impact standing more has made on your life in and outside the office with others
- ☑ [Sign up](#) for ongoing news from the JustStand Wellness Uprising
- ☑ [Request](#) JustStand.org decals for corporate events to virally share the message
- ☑ Hear from experts at past JustStand Wellness Summits and share their insights on JustStand.org/summit
- ☑ [Join the Wellness Uprising](#) on JustStand.org; or Like us on Facebook.com/juststand
- ☑ Follow [@juststandnews](#), retweet using the hashtag: #standingdesks, #JustStand and #MoveMore
- ☑ Pin graphics from the site to your health or wellness boards on [Pinterest](#)

