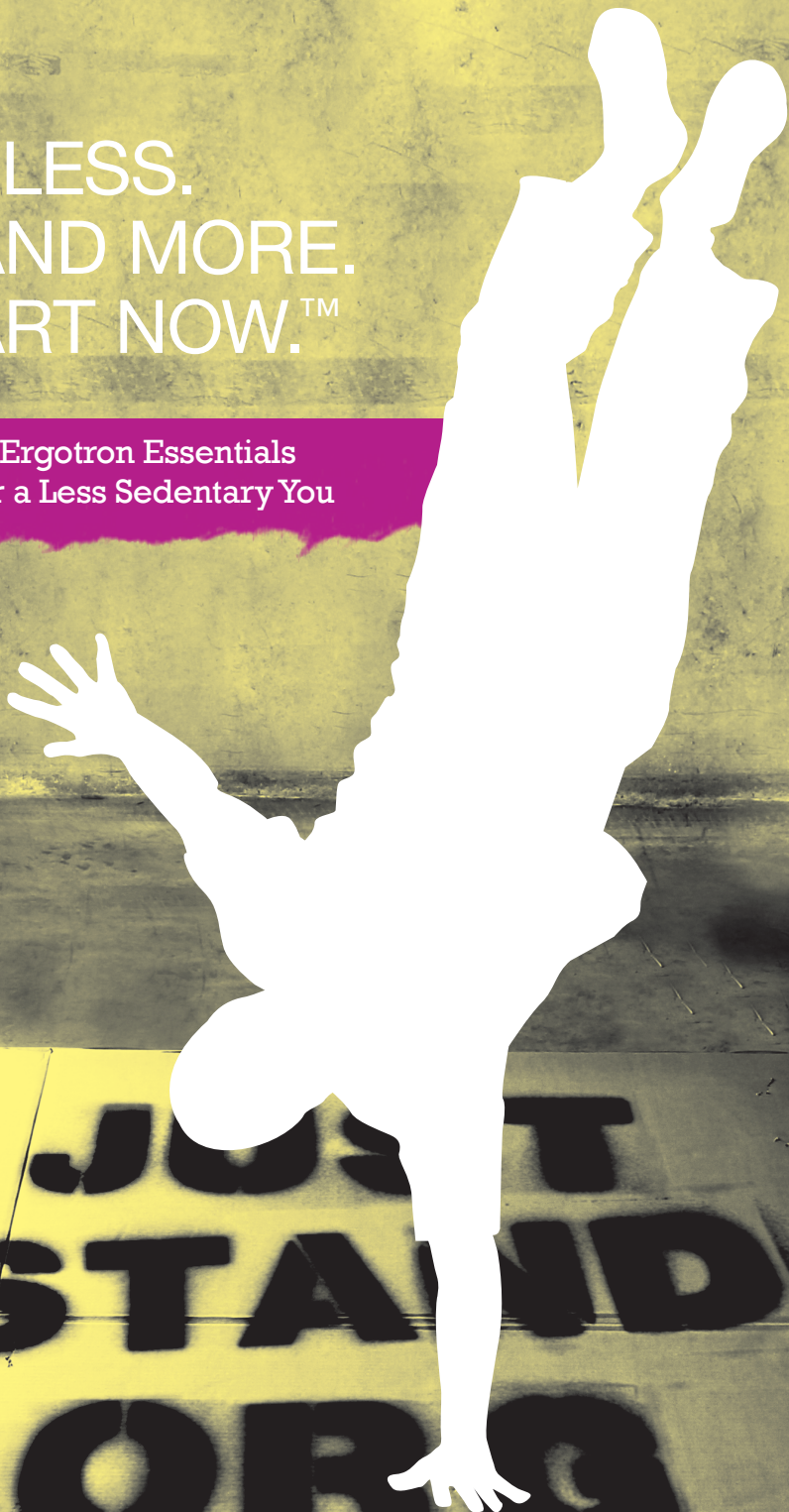


SIT LESS.  
STAND MORE.  
START NOW.™

Ergotron Essentials  
for a Less Sedentary You



**We sit** way too much ... at computers, in meetings, watching TV. All this sitting is taking a toll on us in terms of body pain and stiffness. And on a more serious level, it impacts our metabolism, restricts blood flow, compromises blood sugar and good cholesterol levels. Researchers refer to it as "Sitting Disease," suggesting it can lead to obesity, diabetes, heart disease, some cancers, and earlier mortality rates.



So how do you reduce sitting time without disrupting workflow? Start by simply standing more, changing the relationship you have with whichever chair is keeping you sedentary. Our 2013 JustStand® Index revealed only 7% of those surveyed were even aware of Sitting Disease, and 48% who felt they were at risk for it.

Postural rotation is the plan – the act of switching between a seated and standing position throughout your day. There are significant health benefits to standing more, like ramping up metabolic rates, caloric burn and blood flow, while stimulating focus, energy and productivity.

This ebook will guide you through the reasoning behind the sit-stand wellness uprising, highlighting the core issues, research findings, available resources and more.

**Knowledge is power.  
Educate yourself,  
then help us spread the word.**

# Get the Facts



**“It is now irrefutable that sitting down is not a good thing. People die sooner.”**

James Levine, MD, PhD, Mayo Clinic

It isn't the act of sitting that is the problem – it is how much of it we are doing.

Consider the amount of sitting  
YOU do each day:

**During your morning commute**  
**At your desk**  
**In meetings**  
**At meals**  
**During your evening commute**  
**Relaxing in front of the TV**  
**Helping kids with homework**



we sit up to 15 hours a day, on average

The average American spends 55% of their waking time sitting.

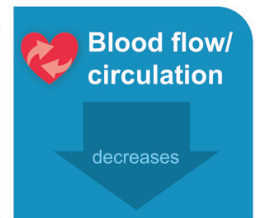
VANDERBILT UNIVERSITY STUDY, AMERICAN JOURNAL OF EPIDEMIOLOGY, 2008

“Sitting disease has a direct correlation to all cause mortality ...  
We are essentially moving from chair to chair.”

DAVID DUNSTAN, PhD, BAKER IDI HEART AND DIABETES INSTITUTE, AUSTRALIA

In a 65-year life, we will have sat in front of a TV for over 9 years.

TELEVISION & HEALTH: [WWW.CSUN.EDU/SCIENCE/HEALTH/DOCS/TV&HEALTH.HTML](http://WWW.CSUN.EDU/SCIENCE/HEALTH/DOCS/TV&HEALTH.HTML)



## ***Ripped from the headlines!***

Popular media recognizes that sitting too much is a problem

### **Los Angeles Times**

AMA to Offices: Don't Make Workers Sit All Day! (June 2013)



Kill Your Desk Chair – And Start Standing (June 2012)



Less Sitting May Lead to Longer Life (July 2012)



Sitting is Deadly (August 2012)



Sitting Disease Explained (May 2013)

### **BBC Two**

"Trust Me I'm a Doctor" (October 2013)

### **RUNNER'S WORLD RUNNING TIMES**

Too Much Sitting Linked to Cardiovascular Disease (August 2013)



For more news check out  
@juststandnews

## The research validates it: sedentary behavior may shorten our lives

If you want to put that into activity levels then that would be the equivalent of running about 10 marathons a year – just by standing three or four hours in your day at work.

**DR. JOHN BUCKLEY, UNIVERSITY OF CHESTER**

Women who were inactive and sat over six hours a day were 94% more likely to die during the time period studied.

**AMERICAN CANCER SOCIETY STUDY, THE AMERICAN JOURNAL OF EPIDEMIOLOGY 2010**

"For people who sit most of the day, their risk of heart attack is about the same as smoking."

**MARTHA GROGAN, CARDIOLOGIST, MAYO CLINIC**

**Where do we go  
from here?**



The American Medical Association agrees that sitting for extended periods of time is really bad for personal health! In their June 2013 conference in Chicago they adopted policy recommending business organizations offer sitting alternatives, including standing desks.



[research.JustStand.org](http://research.JustStand.org)

# Find the Solution



**“We are spending 8–10 hours a day sitting down.”**

Genevieve Healy, PhD – NHMRC & Heart Foundation Research Fellow of The University of Queensland, School of Population Health and Baker IDI Heart & Diabetes Institute

So what is the answer to all this sitting? In your realm of work and play, identify times spent at your TV or computer display in your overall “sitting too much” pie. That’s a good place to start.



Good health is more than finding time to be physically active each week. You can be active, but also highly sedentary. It’s about standing more and sitting less, making those sedentary pieces of your pie smaller. It is also about taking proactive measures with affordable and adjustable tools to mitigate your risks. Throughout the day. Every day.

When workers are equipped with sit-stand workstations (WorkFits), prolonged sitting is reduced and mood states improve.

**STUDY PUBLISHED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC), 2012**

Two out of three employees wish their employers offered desks for sitting and standing.

**IPSOS PUBLIC AFFAIRS, 2010**

Sitting is the New Smoking. There’s no running away from it: the more you sit, the poorer your health and the earlier you may die, no matter how fit you are.

**RUNNER’S WORLD, 2013**

**You can burn 30-60 more calories in an hour by standing!**



Learn more about Ergotron’s complete WorkFit family at [workfit.ergotron.com](http://workfit.ergotron.com)

# To sit, or to stand?

## The answer is obvious

“The analyses indicate that population life expectancy would be **two years higher** if adults reduced their sitting time by at least three hours per day.”

**SEDENTARY BEHAVIOR AND LIFE EXPECTANCY IN THE USA:  
A CAUSE ANALYSIS BY PETER KATZMARZYK**

Hamilton, M.T., Hamilton, D.G. and Zderic, T.W. (2007) Diabetes, 56



People trapped sitting in front of a computer all day need help standing more. Solution: WorkFit workstations, designed so you can effortlessly and instantly choose to sit or stand while still engaged in computing.

## Reverse the physiological effects

“Sit for a full day and key fat-burning enzymes plummet by 50%.”

**DR JAMES LEVINE**

“When you sit for an extended period of time, your body starts to shut down at the metabolic level.”

**MARC HAMILTON, ASSOCIATE PROFESSOR, BIOMEDICAL SCIENCES,  
UNIVERSITY OF MISSOURI**

“When you sit all day, your hip flexors and hamstrings shorten and tighten, while the muscles that support your spine become weak and stiff.”

**DOUGLAS LENTZ, DIRECTOR OF  
FITNESS AND WELLNESS,  
SUMMIT HEALTH**



## Consider the costs

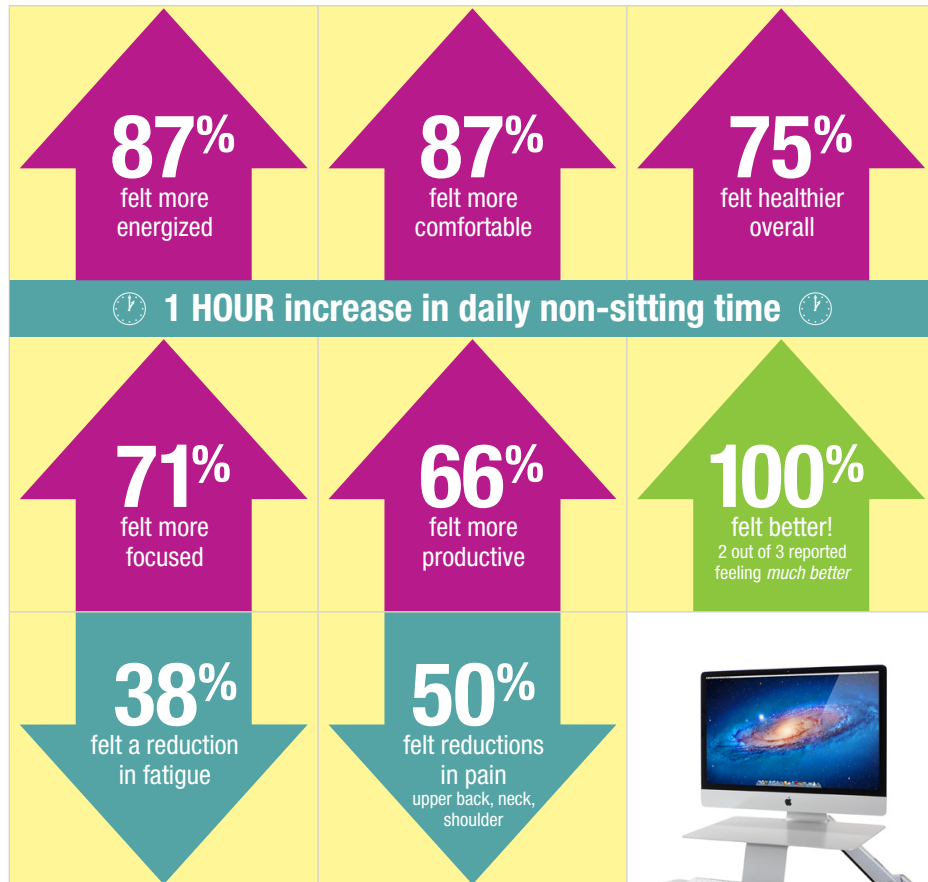
Six out of seven U.S. workers battle weight or other chronic health problems ... and it is estimated this costs our economy more than \$153 billion a year in lost productivity from increased sick days.

**GALLUP HEALTHWAYS POLL**

A good wellness program investment is about \$400–600 per employee.

An affordable investment in human capital with long-term gains, Ergotron WorkFit Sit-Stand units start at less than \$400.

## How people are feeling after standing more



Dr. Nico Pronk of HealthPartners conducted the Take A Stand study in 2011 and uncovered these results, including the astounding “100% felt better after using a sit-stand workstation.”



## Preventive Medicine, July 2013:

“Reducing sitting time in office workers: short-term efficacy of a multicomponent intervention.”

This multicomponent workplace intervention demonstrated that substantial reductions in sitting time are achievable in an office setting. Larger studies with longer timeframes are needed to assess sustainability of these changes, as well as their potential longer-term impacts on health and work-related outcomes.

“Epidemiologic evidence suggests that the reductions in sitting at the workplace could potentially have considerable impact on cardiovascular disease and type 2 diabetes prevention.”

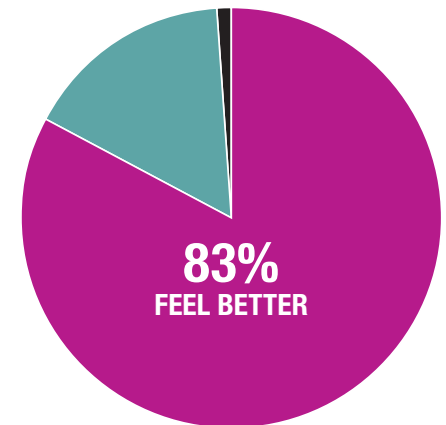


## WorkFit users from across the globe

### HIGHLIGHTS

After being given the option to sit and stand while working:

62%	report IMPROVED COMFORT
83%	report feeling BETTER
84%	report feeling LESS FATIGUE



# Take a Stand!

It's a global thing



“I do have a sit-stand station. I absolutely love it. I’m a proponent of it because it personally has changed my life. Make small changes that stick with you!” CHRIS FREYTAG (CHRISFREYTAG.COM)



“After just one day I feel GREAT...it’s so comfortable, and easy to use. Thank you so much!” GAIL B.

“Once I started [standing] in my office I noticed that my calories burned per day went up by about 400 (on her activity monitor). It seemed that I was reaching my daily goals without even thinking about it.” CLARE H.

“I was so tired at the end of the day while sitting. Being sedentary really got to me. Been standing for 3 months and love it. Still keep getting funny looks from people in the office. Well worth it!” JARED S.



- Over 2,400 members worldwide
- Members in over 35 countries
- Website in three languages (English, French, German)



# Join Us in the Uprising



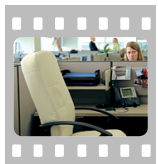
Join online  
or on [Facebook.com/juststand](https://www.facebook.com/juststand)

Visit [JustStand.org](http://JustStand.org)  
Click "Join" and fill out the form

## TOOLS

[Burncalories.JustStand.org](http://Burncalories.JustStand.org)  
[Payback.JustStand.org](http://Payback.JustStand.org)  
Sitting calculator  
Tips & tricks  
Sit-stand whitepaper

## SHARE THE MOVIES



See "The Office Breakup"  
[movies.ergotron.com](http://movies.ergotron.com)



See "What If..."  
[movies.ergotron.com](http://movies.ergotron.com)

A screenshot of the JustStand.org website. The header features the "JUST STAND .ORG" logo on a yellow background and a photo of two men smiling. Below the header is a navigation bar with "2013 JUSTSTAND WELLNESS SUMMIT" and a "SURVEY RESULTS" button. The main content area is divided into three sections: 1. The Challenge, 2. The Solution, and 3. Take a Stand!. Each section has sub-links and descriptive text. The background of the main content area is a yellow and white pattern.

## THE FACTS

Find the facts and the  
Infographics to share

## RESEARCH

Find the science behind  
the need to stand

## PRODUCTS

Find the tools to get started

## VIDEOS

Be informed and entertained

## EVENTS

## JOIN THE UPRISING

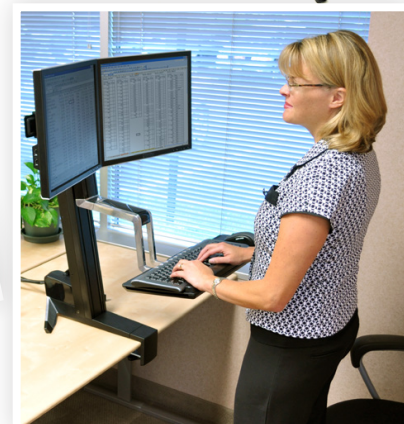
## SOCIAL MEDIA

Get social with us!  
@Ergotron  
#JustStand  
#WorkFit

## Be a sit-stand champion

- ✓ Advocate for getting a sit-stand workstation in your office
- ✓ Join the Wellness Uprising on [JustStand.org](http://JustStand.org) or Like [Facebook.com/juststand](https://www.facebook.com/juststand)
- ✓ Tweet using the hashtag #juststand
- ✓ Print out Infographics (The Facts page on [JustStand.org](http://JustStand.org)) to share with coworkers and family
- ✓ Post Infographics in common areas; share online in blogs or tweets
- ✓ Include [JustStand.org](http://JustStand.org) e-tools in your e-newsletters, newsletter, blogs, and more
- ✓ Talk about your experience with others – share your testimonials
- ✓ Sign up for ongoing news from the JustStand Uprising
- ✓ Get [JustStand.org](http://JustStand.org) decals to virally share the message
- ✓ Review our Summit content on [JustStand.org/summit](http://JustStand.org/summit)

**JUST  
STAND  
.ORG**





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