Dear [insert your boss’ name here],

As someone that sits at my computer all day, I’m concerned that this could have a negative impact on my health and I’d like to ask for your permission to get a sit-stand desk.

I’ve researched this and learned that physical inactivity is the [fourth leading risk factor for global mortality](http://www.who.int/healthinfo/global_burden_disease/GlobalHealthRisks_report_full.pdf). Numerous studies link physical inactivity with health problems like type 2 diabetes, cancer and heart disease. This concerns me just as much as the idea that prolonged sitting impacts the spine and puts computer users like me at a higher risk for musculoskeletal disorders. I am also aware that not only are these conditions harmful, they are costly to treat.

There is an increasing amount of [research](http://www.juststand.org/ResearchandNews/tabid/636/language/en-US/Default.aspx) which supports breaking up sedentary activities with standing and movement. Even an [expert statement](http://getbritainstanding.org/PRESS%20RELEASE.pdf) commissioned by Public Health England recommends breaking up sedentary activity in the workplace by increasing intermittent periods of standing and light activity (i.e. light walking) from two to four hours daily. Studies also show that there is at least an 18% increase in employee productivity by investing in ergonomic furniture.

I would like to recommend a sit-stand desk by Ergotron, the [insert name of [WorkFit](http://www.ergotron.com/Products/Workstations/StandUpDesks/tabid/803/Default.aspx) product here]. Prices start from £330.00 (ex VAT).   You can see some pictures of the sit-stand desk [here](http://www.ergotron.com/tabid/563/language/en-US/Default.aspx).

The evidence supporting the need for active workstyles is strong. A sit-stand workstation would allow me to switch between sitting and standing throughout the day, without having any negative impact on my [productivity](http://erg.sagepub.com/content/23/3/20.abstract).

I would be grateful if you could give this some consideration and I would be happy to answer any questions you may have.

I look forward to hearing from you.

Yours sincerely,

[Insert your name here]