



Burn 100s of Calories at Work!

With one simple change... **STAND** more.

Calories burned by STANDING while you compute	Employee	Company of 1,000 Employees
Additional calorie burn per day	184 calories	184,000 calories
Additional calorie burn per week	920 calories	920,00 calories
Additional calorie burn per year (225 working days)	41,400 calories	41.4M calories

Assumptions: Based on 200 lbs person standing for 6 out of 8 hours during the workday, 5 days per week. Standing calorie burn values based on [Calorie-Burn Calculator](#) found on [juststand.org](#)

Prove it!

Buy a [Fitbit](#) or similar device and measure your calories burned like others are doing.

[Chris Freytag](#): I love my standing workstation - I'm burning 300-500 extra calories by standing all day and my back is SO HAPPY!!!! Small changes can = big results! January 12 at 8:01am

My calories burned per day went up by about 400 ... Who would have thought such a simple [thing](#) would make such a huge difference?" ~ Clare H., major PC company

Best Way to Reduce Sedentary Behavior

Use an ergonomic Sit-Stand workstation and see even more payback! Check out the results of this [experiment](#) at HealthPartners. Case studies related to office ergonomics showed the median productivity increase following an ergonomic intervention was 12–18%. Companies save \$3–6 for every \$1 they invest in wellness (US CDCP). People also live longer when they don't sit so much!

Read more at juststand.org