

Take-a-Stand Project

Reported results from highly active, fit, normal weight, apparently healthy, mostly female employees with relatively sedentary work tasks using WorkFit sit-to-stand workstations:

“ I was able to focus on my work better. ”
My hand and shoulder pain went away.
I was able to do more exercising and moving while standing and on the phone.

You can achieve these incredible results when standing one additional hour a day, in four 15-minute increments.

HOW TO STAND:

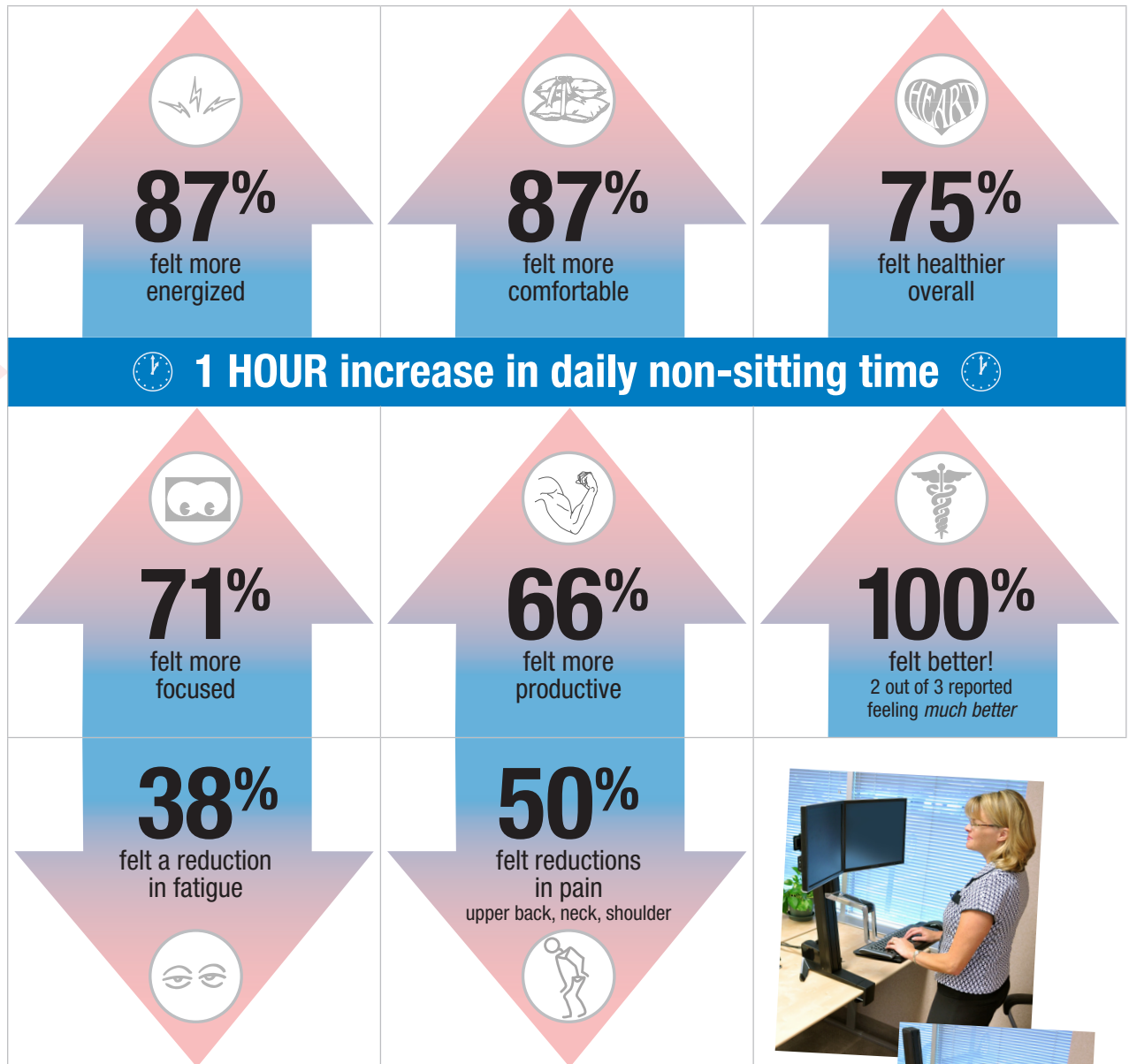
Stand every time the phone rings, and stay standing throughout the duration of the call.

Stand up during meetings, towards the back or side of the room.

Stand whenever you're drinking a cup of coffee, or eating your lunch or snack.

Stand every hour on the half-hour. Set your Outlook calendar to remind you.

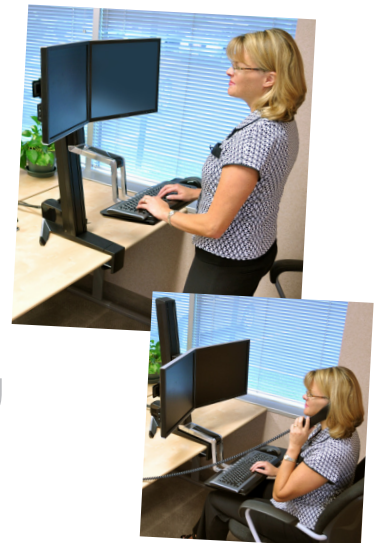
When a challenging or frustrating situation arises, stand to clear your head and gain a new perspective.



“ I think I increased physical activity in other areas of my life once I started using the WorkFit. ”

My posture improved. My neck, shoulder and lower back tension went away.

This has made me look at my total activity level in other areas of my life. I have now joined a gym.



A Partnership Project

2011, seven-week, 34-subject experiment with intervention and control groups conducted by HealthPartners in partnership with Ergotron

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