



INTRODUCING

**LearnFit**  
by *ERGOTRON*

Kids are meant to move!

**ERGOTRON**<sup>®</sup>  
EDUCATION

# A body in motion stays in motion

~ Isaac Newton

## How do we keep our students in motion?



### Problem

Today's sedentary lifestyles are affecting our youth and their classroom performance. Compound this with pressures to sacrifice physical education time for more classroom time for the core subjects.

### Challenge

How do we increase in-class physical activity to help our students' overall health and performance?

### Introducing: the LearnFit® Adjustable Standing Desk

Transform classrooms into active learning environments with on-demand height-adjustable student desks.

*Studies show that introducing low-level physical activity into the classroom has a positive impact on student health, classroom engagement and academic performance.*

## HEALTH BENEFITS



### INCREASE HEART RATE <sup>1</sup>

Oxygen is essential for brain function, and enhanced blood flow increases the amount of oxygen transported to the brain.



### Heart Rate

Significant increase in heart rate from seated to standing work = 10 bpm (p = .012)



### MAINTAIN INSULIN EFFECTIVENESS <sup>1</sup>

The low-level physical activity of standing requires many unconscious muscle contractions, which stimulates insulin signaling, resulting in more effective insulin function and overall more healthy long-term blood/glucose levels. <sup>3</sup>



### Blood Glucose\*

\*The concentration of sugar in the blood  
Seated peak to trough 106 minutes  
Standing peak to trough 60 minutes



### BURN MORE CALORIES <sup>1</sup>

Studies show that standing throughout the day instead of just sitting can burn 40 extra calories per hour.

Subjects in the 85th percentile in weight for their age and gender who used the standing desks experienced a 32% increase in calorie expenditure compared with those in the control group. <sup>2</sup>



### Calorie (kcal) Expenditure

Significant increase in calorie expenditure from seated to standing work = 0.7 kcals/minute (p = .014)





## CLASSROOM ENGAGEMENT

Maintaining low-level physical activity – such as standing in the classroom – not only has positive health effects, but also results in greater student focus and attention. Increased blood circulation and oxygenation leads to alert and engaged students. “Standing actually improved attention, on-task behavior, alertness and classroom engagement.”<sup>2</sup>

## ACADEMIC PERFORMANCE

Greater focus and engagement during everyday class time builds preparedness, combined with greater alertness during test time helps lead to greater academic performance. Sustained healthy metabolism leads to greater everyday classroom focus, which has a positive effect on test scores. “Children who are more active performed better on standardized tests, and showed greater attention and faster thinking skills than did children who are less active.”<sup>4</sup>

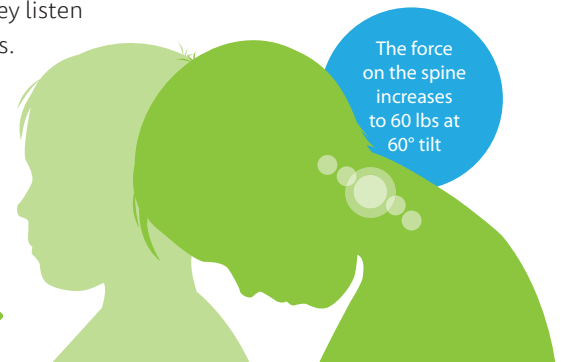
Our bodies are designed to support the weight of our heads in a neutral forward-looking posture. The force on the spine increases as we continue to tilt our heads lower and lower. In the neutral posture, the average head weighs 10-11 lbs. As the head tilts forward, the force on the spine increases: 27 lbs at 15°; 40 lbs at 30°; 49 lbs at 45°; 60 lbs at 60°.

- Encourages healthy student behavior that leads to physical and academic improvements
- Looking sharply down at a digital learning device puts excessive pressure on the neck. PrecisionHeight™ Technology provides a healthier way to learn – students simply adjust the height of the desktop for easier viewing and to help reduce neck strain
- Using the hand lever, each student instantly and intuitively personalizes the desk to his or her preferred height
- No need for school staff to make adjustments before, during or after school hours
- One size fits all – height adjustment range is designed for students ages 9 through adult
- Mobile, locking casters – easily roll the LearnFit desks to quickly reconfigure classrooms for small group collaborative breakouts, and easily return to full classroom configuration when done
- Tablet slot, water bottle holder and backpack hook included
- Super durable worksurface construction stands up to demanding classroom conditions
- Optional LearnFit Storage Bin provides three separate compartments for storing student supplies; adjustable Classroom Stool supports sit-stand activity
- Assembles in less than 60 seconds; no tools required



## WHY DOES THE LEARNFIT HAVE SUCH A LARGE RANGE OF HEIGHT ADJUSTABILITY?

LearnFit with PrecisionHeight Technology was designed to provide students with a wide range of height adjustment to allow them to find their own precision work height, even when it may vary throughout the school day based on their sitting or standing preferences. Kids are meant to move, and they listen to their bodies.





# Empowering smart learning

## About Ergotron

At the intersection of you and technology, Ergotron empowers smart learning with mobile device charging systems, height-adjustable student desks and AV mounts. Active designs that fit into the natural flow of students and staff. Charging systems store and secure mobile learning devices of today and tomorrow, while LearnFit height-adjustable student desks help students perform and express themselves academically.



LearnFit Adjustable Standing Desk		
Part # (color)	24-481-003 (white/silver)	24-458-200 (black)
Weight Capacity	≤ 15 lbs (7 kg)	≤ 15 lbs (7 kg)
Lift	16" (40 cm)	19.6" (50 cm)
Lift Mechanism	PrecisionHeight™ Technology	Constant Force™ Technology
Worksurface Height	33.3–49.3" (85–125 cm)	31.8–51.4" (81–131 cm)
Worksurface Dimensions	24" W x 22" D (61 x 56 cm)	24" W x 23" D (61 X 58 cm)
Base Footprint	24" W x 22" D (61 x 56 cm)	21.9" x 21.3" (56 x 54 cm)
Shipping Dimensions	30" x 26" x 14" (75 x 66 x 35 cm)	36.5" x 32.25" x 28.25" (93 x 82 x 72 cm)
Shipping Weight	40 lbs (20 kg)	78 lbs (35 kg)
Warranty	10 years	5 years



Storage Bin 97-926-064 (optional)



Hand brake



Locking casters



Classroom Stool 97-859 (optional)



- 1 University of Chester BBC Study, Cardiovascular and metabolic markers among office workers when standing vs. sitting, Dr. John Buckley et. al., 2013
- 2 The Impact of Stand-Biased Desks in Classrooms on Calorie Expenditure in Children, Benden, Blake, Wendel, Huber, published in American Journal of Public Health, August 2011
- 3 Minimal Intensity Physical Activity (Standing & Walking) of Longer Duration Improves Insulation Action and Plasma Lipids More than Shorter Periods of Moderate to Vigorous Exercise (Cycling) in Sedentary Subjects When Energy Expenditure is Comparable, Duvivierk, Schaper, Bremers, van Crombrugge, Menheere, Kars, Savelberg, Maastricht University, Department of Internal Medicine, Maastricht University Maastricht Centre, Maastricht, the Netherlands
- 4 Educating the Student Body: Taking Physical Activity and Physical Education to School, The Institute of Medicine of the National Academies

For more information, or to read these studies yourself, visit [www.JustStand.org](http://www.JustStand.org)

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Ergotron devices are not intended to cure, treat, mitigate or prevent any disease

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