

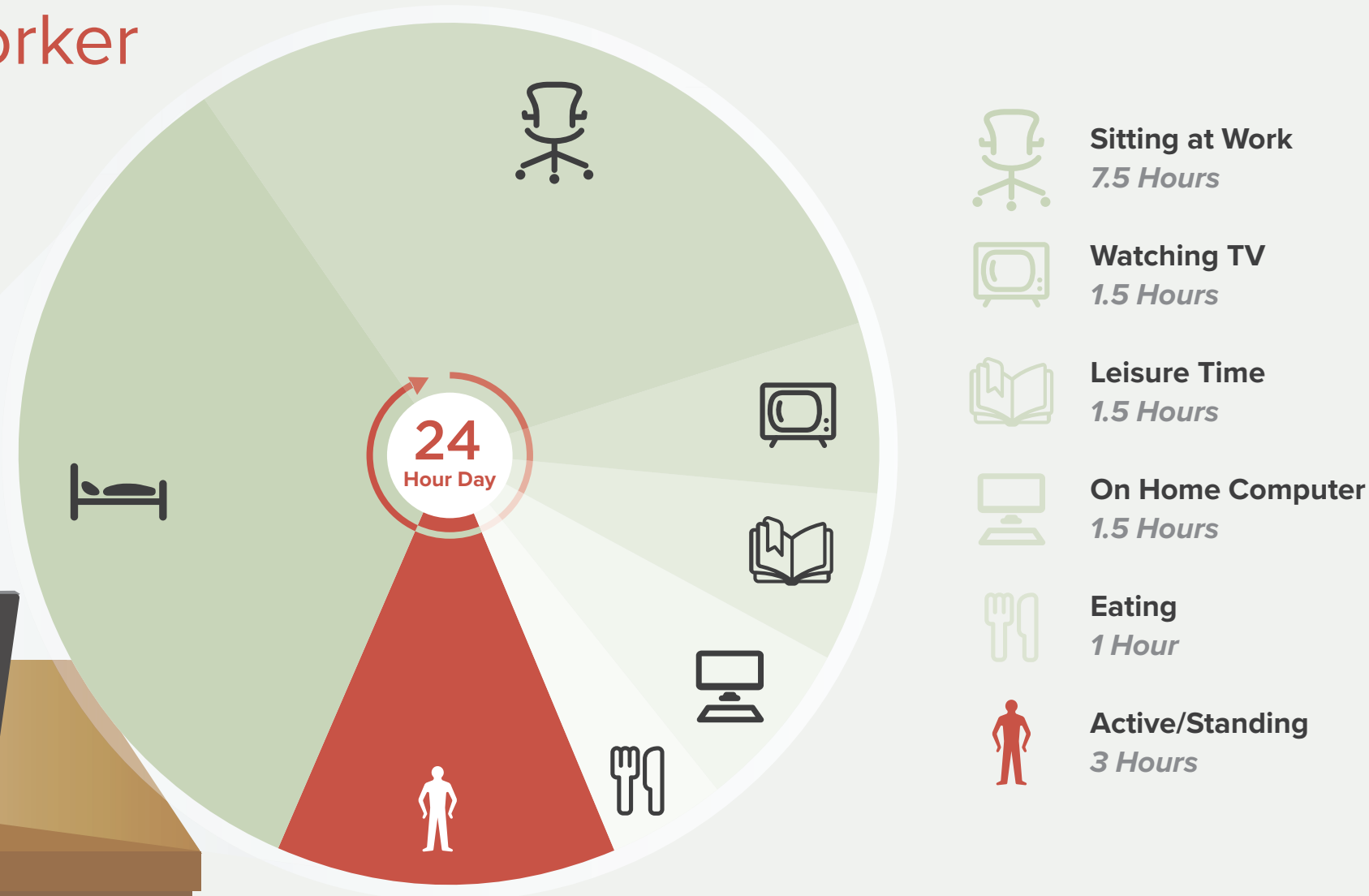


Sit Less. Stand More.

How much employees are sitting should scare employers

People across the world are spending too many hours sitting each day.
Look how quickly the hours add up!

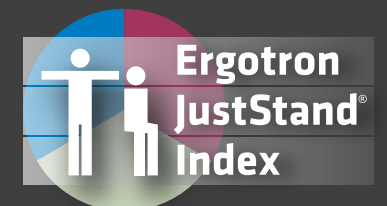
How Sedentary is the Typical Office Worker Each Day?



The British Journal of Sports Medicine reported that sedentary behavior in the UK accounts for 65-75% of working hours, of which more than 50% is accumulated during prolonged periods of sustained sitting.

Stand Up Australia reports that 77% of an Australian's workday is sedentary.

The JustStand Index found that American workers are spending 21 hours engaged in sleeping or sedentary activities.



Visit JustStand.org/jsIndex for survey results

SIT



STAND



A life less sedentary

European Food Information Council

MEDIA BUZZ!

SITTING ALL DAY IS WORSE FOR YOU THAN YOU MIGHT THINK

National Public Radio (NPR)

TOO MUCH SITTING
LINKED TO
AN EARLY DEATH

Harvard Health



**SITTING
IS THE
NEW SMOKING**

The Sydney Morning Herald

**JUST
STAND
.ORG**

Inactivity
is a global concern

21-25%

Breast & Colon Cancers
due to physical inactivity

30%

Ischemic Heart Disease
due to physical inactivity

27%

Diabetes
due to physical inactivity

Published by the
World Health Organization (2009)



There are metabolic, cardio and
mental impacts of sitting



Muscle activity drops

Metabolism slows

Enzyme production lowers dramatically

Insulin effectiveness drops

Fatigue, distraction and stress increases

Risk for anxiety and depression increases

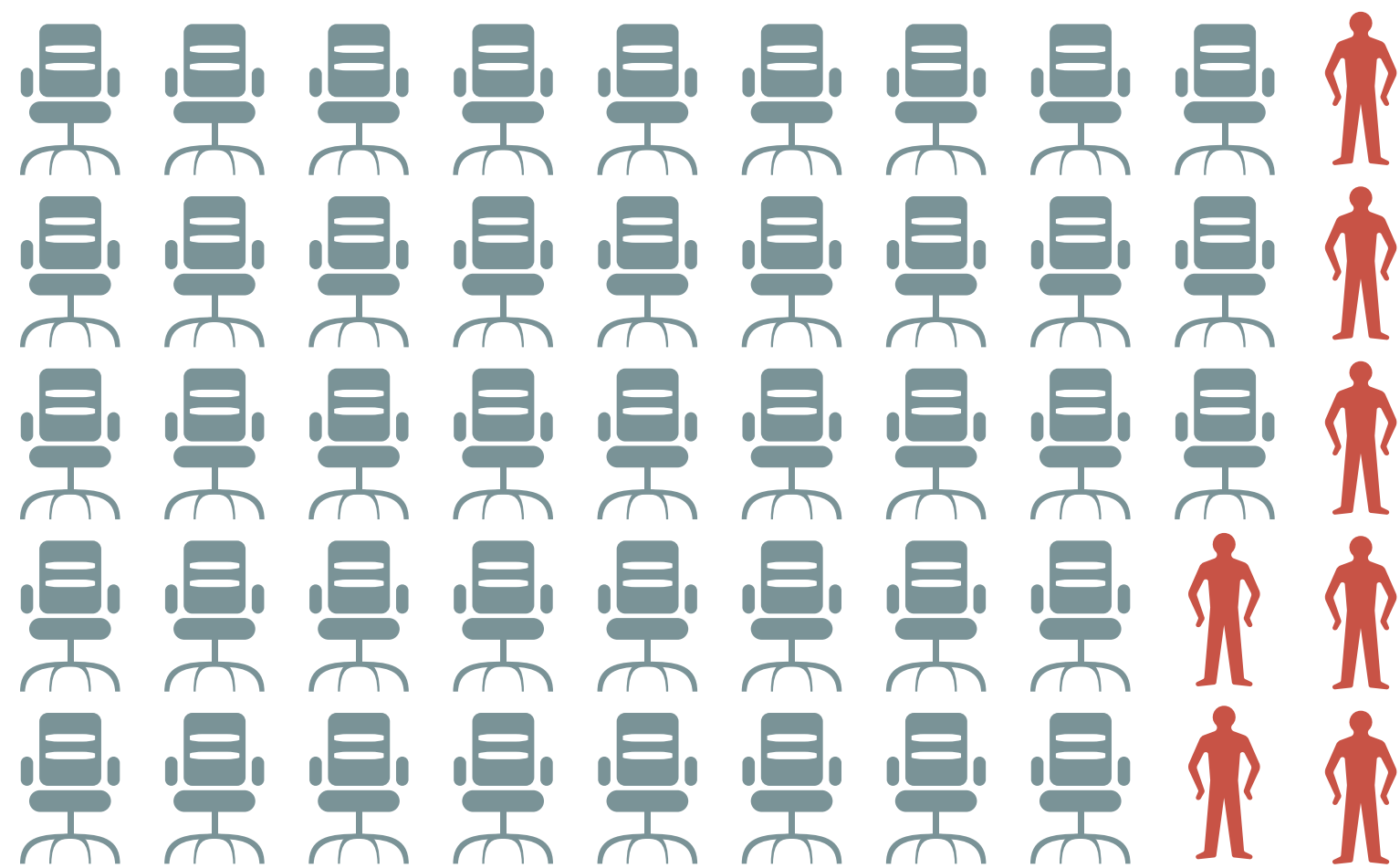


research.JustStand.org

WITH THE RAPID DEVELOPMENT OF MODERN TECHNOLOGY,
SITTING HAS BECOME THE MOST COMMON POSTURE
IN TODAY'S WORKPLACE *Occupational Medicine*

84% of workers would rather
sit or stand as they please *JustStand Index*

58 million white-collar office workers



ONLY 1.5 MILLION WILL GET
A NEW DESK THIS YEAR



Upgrading desks to sit-stand offers many benefits

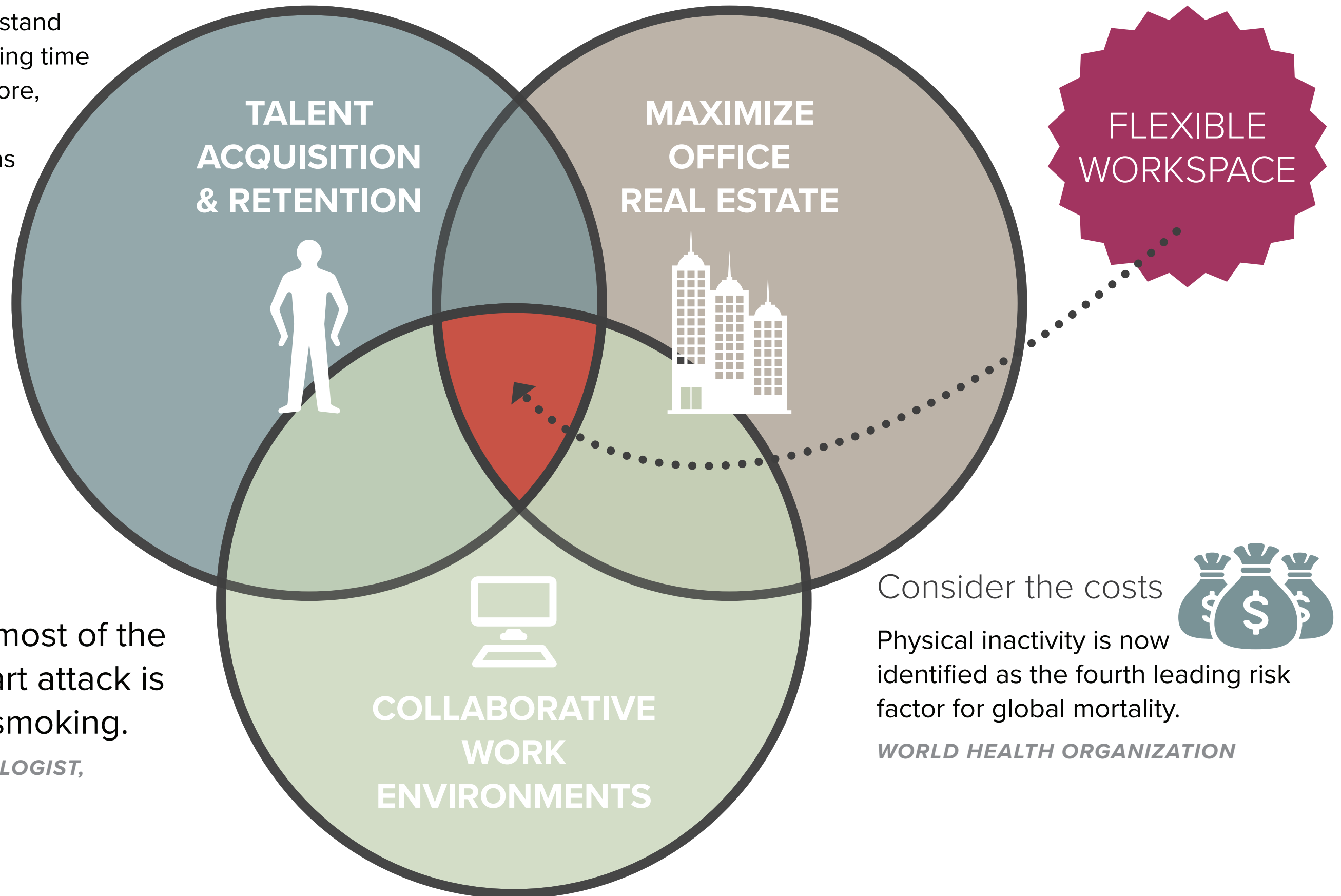
There's evidence that a sit-stand workstation can reduce sitting time in office workers. Furthermore, epidemiologic evidence suggests that the reductions in sitting at the workplace could potentially have considerable impact on cardiovascular disease and type 2 diabetes prevention.

*GENEVIEVE HEALY, PhD,
THE UNIVERSITY
OF QUEENSLAND*



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

*MARTHA GROGAN, CARDIOLOGIST,
MAYO CLINIC*





Flexible sit-stand solutions exist

For all of the stakeholders involved:

Employees

IT

HR

Facilities

Risk Management

C-Suite

RETROFIT ANY SURFACE

LIBERATE ANY WORKSPACE

COST-EFFECTIVE SCENARIOS

NEW BUILDS OR EXISTING OFFICES

DESIGN TO TEAM TECHNOLOGY NEEDS

And they're affordable too



365 DAYS OF GOODNESS

\$1.10 per day. That's the average cost of an Ergotron workstation. Equal to the cost of a typical daily indulgence at work. A cup of coffee. A soda. A pack of gum. An investment in sit-stand computing for employees not only is affordable, it is proven that ergonomic investment has up to 20% productivity gains. What can that mean for an employer?

100%

OF SIT-STAND
WORKSTATION USERS
FELT BETTER!

2 OUT OF 3 REPORTED
FEELING MUCH BETTER

Study published by
the Centers for Disease Control
and Prevention (CDC)

*Companies can achieve
similar results
when their employees
stand even one
additional hour a day*



LEADING
ERGONOMICS
SIT OR STAND

WorkFit TX

With a height-adjustable, back tilt keyboard that sits below the worksurface, this ultra-low standing desk converter offers leading ergonomics. Available in black finish. Available in North America, UK, Australia, New Zealand.



LARGEST
KEYBOARD
PLATFORM

WorkFit Corner

Designed with the corner in mind, the WorkFit Corner Standing Desk Converter offers 15 inches (38 cm) of easy vertical adjustment. Available in black finish. Available in North America, UK, Australia, New Zealand.





MEDIUM
WORK
SURFACE

WorkFit-T

Sits on top of the desk (no mounting or clamping required). Optional monitor mount kits available. Available in black or white finish. Not available in APAC.



SMALL
WORK
SURFACE

WorkFit-Z Mini

Ideal for single monitors or notebooks, this compact desk converter allows you to turn your worksurface into a height-adjustable standing desk with space for your smart devices. Available in dove grey finish.



LARGE
WORK
SURFACE

WorkFit-TL

Provides a larger option with a wider keyboard, bigger worksurface and higher weight capacity. Optional monitor mount kits available. Available in black or white finish.



DROP-DOWN
KEYBOARD
TRAY

WorkFit-TLE

Offers a large worksurface and drop-down keyboard tray for improved ergonomics when sitting* and a convenient station for mobile devices. Available in black finish.

*Monitor riser accessory recommended.





WorkFit-S

Single LCD

Easily clamp to the front of the desk.
Available in LD and HD monitor models.



WorkFit-S

Single LCD with Worksurface+

Easily clamp to the front of the desk.
Available in LD and HD monitor models.
Available in black or white finish.



WorkFit-S

Dual LCD

Easily clamp to the front of the desk.



WorkFit-S

Dual LCD with Worksurface+

Easily clamp to the front of the desk.
Available in black or white finish.



WorkFit-A

With Suspended Keyboard, Platinum
This premium mount and worksurface is compatible with desks $\leq 31.5"$ (80 cm) deep. Clamps to the rear or side of most surfaces. Swings side-to-side. Not available in EMEA, APAC.



WorkFit-A

For Apple®
An iMac® base slips easily under the worksurface and securely holds it in place. Compatible with desks $\leq 31.5"$ (80 cm) deep. Clamps to the rear or side of most surfaces. Swings side-to-side. Not available in EMEA, APAC.



WorkFit-A

Single LCD with Suspended Keyboard
Clamps to the rear or side of most surfaces. Compatible with desks $\leq 31.5"$ (80 cm) deep. Fold-up keyboard tray. Swings side-to-side. Available in LD and HD monitor models. Not available in EMEA, APAC.



WorkFit-A

Dual with Suspended Keyboard
Clamps to the rear or side of most surfaces. Compatible with desks $\leq 31.5"$ (80 cm) deep. Fold-up keyboard tray. Swings side-to-side. Not available in EMEA, APAC.



WorkFit-A

Single LD with Worksurface+
Ideal for corner workstations. Clamps to the rear or side of most surfaces. Swings side-to-side. Not available in APAC.



WorkFit-A

Dual LCD with Worksurface+
Ideal for corner workstations. Clamps to the rear or side of most surfaces. Swings side-to-side. Not available in APAC.



WorkFit-SR

1 Monitor
Easily clamp to the back of the desk. Available in black or white finish.



WorkFit-SR

Dual Monitor
Easily clamp to the back of the desk. Available in black or white finish.

TOP VIEW (WORKFIT-A FOR APPLE)



Improve workflow

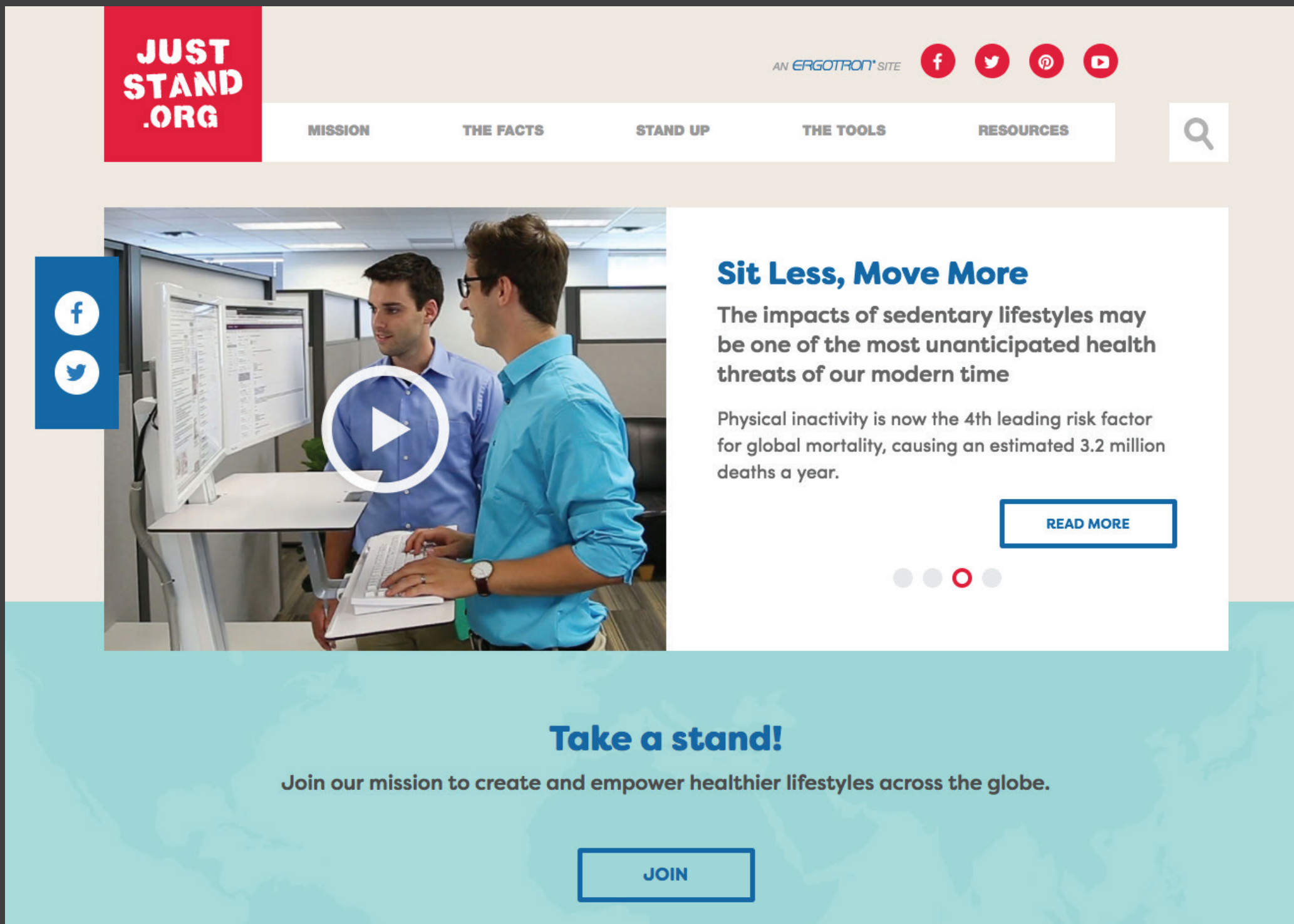
Ergotron WorkFit workstations bring new flexibility to traditionally static environments, increasing your options for equipment placement, improving workflow, and enhancing social interaction. That's good for a company's bottom line.

Getting started with Sit-Stand

Integrating a sit-stand environment is easier than you think. Whether you are upgrading an existing space or designing for a new build, WorkFit units are easy to install and use. They offer tool-free adjustment to suit individual users, and are tested to help ensure years of trouble-free up-down movement.

ROBUST
SITE
WITH
50,000+
VISITS
PER
MONTH

ONLINE TOOLS
TO HELP YOU
AND YOUR
CUSTOMERS
ADOPT OR SELL
SIT-STAND

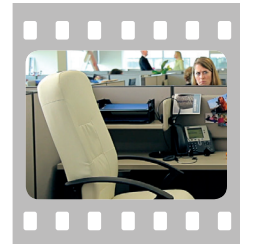


The Facts
Find the facts
and the Infographics
to share

Research
Find the science
behind the need
to stand

Products
Find the tools
to get started

Videos
Be informed
and entertained



See "The Office Breakup"
movies.ergotron.com

Planning tools
for the best
ergonomic positions
for your height
juststand.org/toolkit

Get social with us!
facebook.com/JustStand
@Ergotron
#JustStand
#WorkFit



For more news
check out
[@juststandnews](https://twitter.com/juststandnews)

ERGOTRON®

We have your back, literally!

WorkFit Installation Services

Correct ergonomics

Cord management

Integration to existing furniture



At POS and After Sale Support

800-888-8458 / +31 33 45 45 600

Live chat at www.ergotron.com

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