



The Facts

48,360

the number of hours the average employee spends sitting at work over a 30-year career, which equates to over 5 years of life

As Soon As You Sit:

electrical activity in the leg muscles shuts off

calorie burning drops to 1 per minute

enzymes that help break down fat drop 90%

the force of the upper body compresses into low back

After 2 Hours:

good cholesterol drops 20%

After 24 Hours:

insulin effectiveness drops 24% and risk of diabetes rises



70%

of full-time american workers hate sitting, but do it anyway



x2

people with jobs that require them to sit have twice the rate of cardiovascular disease as people that are able to stand



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



Contact us or stop in today for your ergonomic assessment!

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Ergonomic *solutions*



er·go·nom·ics

noun

Profession of designing machines, tools, and work environments to best accommodate human performance and behaviour. It aims to improve the practicality, efficiency, and safety of a person working with a single machine or device.



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Seating



Muurman Stool

The true sit-to-stand seating solution - the center post offers lateral motion and a 13" height adjustment range. This low impact, subtle, intuitive motion makes sitting and standing healthy, dynamic, and fun!



Swopper Stool

This stool provides active sitting in three dimensions: backwards, forwards, sideways, and up and down. This dynamic supports and encourages healthy sitting in ever changing positions.

Desks



Sit-Stand Desktop

Solution which simply sits on top of the worksurface and quickly converts the surface into a sit-to-stand workstation



Electric Bases

Electric bases are simple and effortless to adjust. The 22"-48" height range allows virtually all workers to sit and stand in an ergonomically correct position.

Accessories



Power, Data, & Communications Module



Dual Monitor Arms

Scissor Lift



Keyboard Lift



Anti-Fatigue Mat



Adjustable Footrest