

# Sit ▶ Stand



# Health Research – Sit/Stand



*“When you sit for an extended period of time,  
your body starts to shut down at the metabolic level.”*

- Marc Hamilton, Ph.D., Associate Professor of  
Biomedical Sciences, University of Missouri

*“Each eight-hour day can cut 2.5 hours off of life expectancy.”*

- British journal of Sports Medicine reference in NYT

***“Sitting is the new smoking of our generation.”***

- Harvard Business Review

# Evolution of the Workplace



- Fixed-height work surfaces have been the norm in the workplace for decades
- But they only fit 5% of the population



1980's



1990's



Today

# Evolution of the Workplace



- 70% of the workforce spends 95% of their day sitting, and it's impacting our health



# The Sitting Dilemma

- Standing for just 15 minutes of every hour will help with offsetting the negative effects of sitting



# The Standing Dilemma

- Standing all day is not the answer

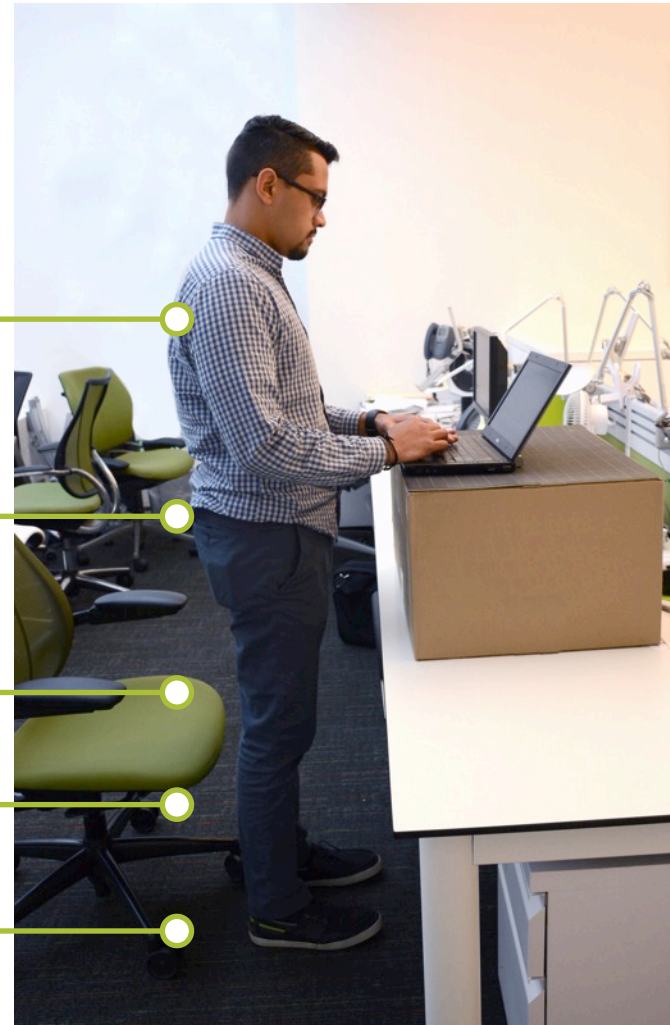
Heart and circulatory problems

Poor circulation

Varicose veins

Swelling in the feet and legs

Foot problems



# The Answer: Sitting and Standing



## Movement is key

Research by the Mayo Clinic supports changing postures every hour



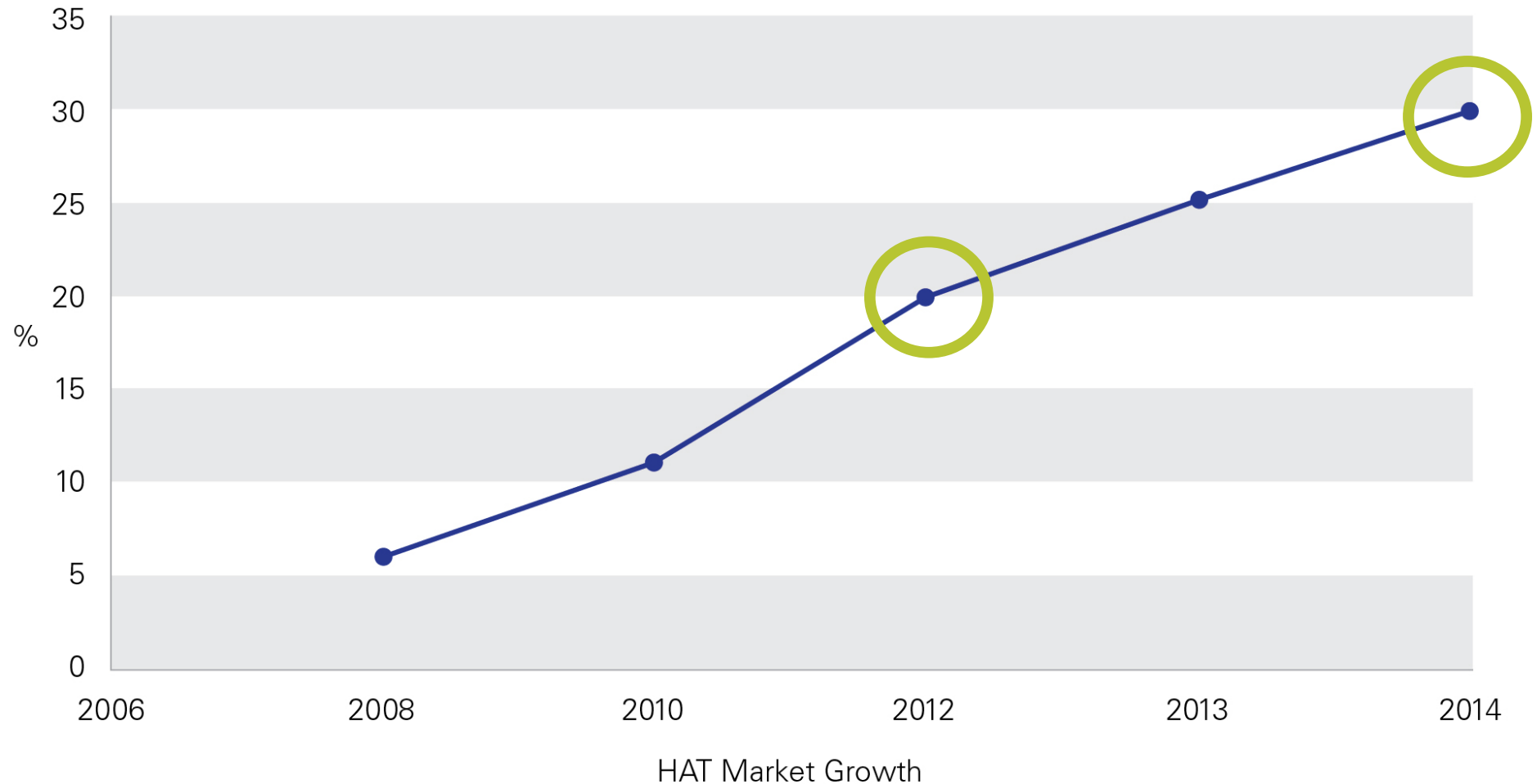
***“Our bodies have evolved over millions of years to do one thing: MOVE”***

- James A. Levine, M.D., Ph.D. Mayo Clinic in Rochester, MN

# Industry Sit/Stand Trend



Companies are requesting height-adjustable technology more now than ever before



\*Equation Research

# Humanscale and the Sit/Stand Market



- Innovative, ground breaking technology to make sit/stand simple
- Beautiful ergonomic tools that work together
- Turning office furniture into “smart” ergonomic workstations





# QuickStand™



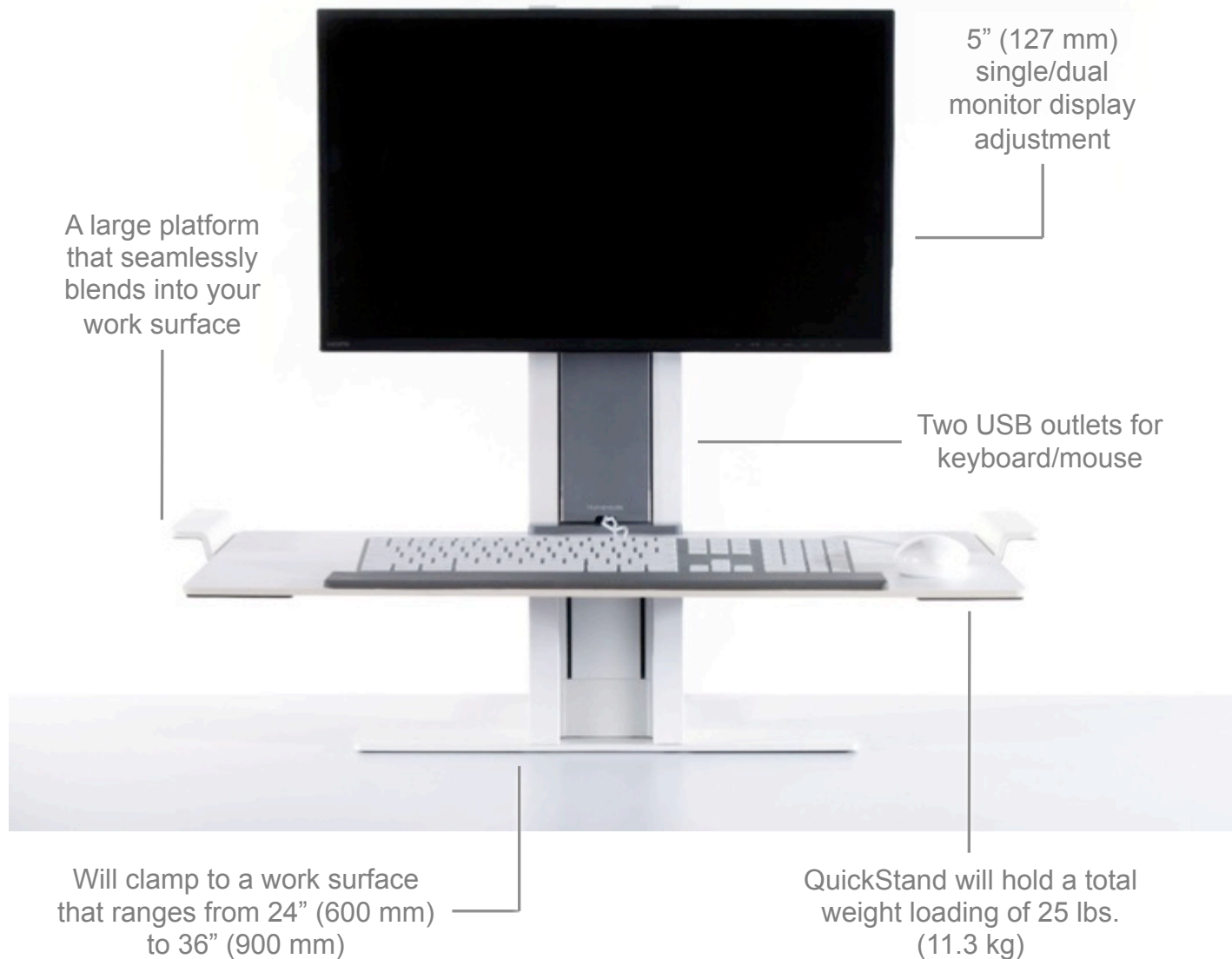
# QuickStand



- Solid, stable product
- Clean aesthetic
- Easy to operate



# QuickStand Features



# QuickStand Features



Pre-installed  
cable harness



VESA compliant with  
friction monitor adjustability



Two-piece clamp for  
clamping or through  
grommet mounting

# QuickStand in Existing Workspaces



# Questions?

