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The Unbreakable New Year's Resolution.

The holidays usually mean time with family, extra pie, and some well-deserved relaxation. And then comes the New Year with the impossible-to-keep-but-have-to-try-anyway resolutions.

80% OF PEOPLE WILL HAVE GIVEN UP ON THEIR GOALS BY THE SECOND WEEK OF FEBRUARY.^[1]

Some give up because of time commitments or the expense of keeping a fridge stocked with kale, but a much bigger issue is that most people try to do too much at once. Going from couch potato to marathoner won't happen overnight. The key to achieving big goals is making small choices.^[2]

ONE PLACE TO START IS WHERE YOU ALREADY ARE EVERY DAY—AT WORK.

Taking the stairs, parking further away and walking, and creating a more active workspace with a standing desk solution are all simple ways to keep your health resolutions and stay more active during the day. Instead of a goal that requires extra time and willpower or big adjustments to your routine, these small, daily steps can add up to big changes.

Unlike the resolution-makers who start out with the best intentions and quit along the way, most





VARIDESK® users stand at their VARIDESK every workday.^[3] And by replacing hours of sitting each workday with more movement, you improve your health and burn some extra calories^[4] (which is perfect after those holiday cookie binges).

VARIDESK products have become popular as a way to get more done and feel better doing it. In fact, you can find VARIDESK in over 95% of Fortune 500 companies. Shipping is fast, free, and there is little to no assembly required. Plus, the 30-day, risk-free guarantee means if you don't love it, VARIDESK will pick it up at no cost.

Visit [VARIDESK.com](https://www.varidesk.com) to find the model that's right for you.



Moving more at work has positive benefits.^[5]

-  **INCREASED PRODUCTIVITY**
-  **LOWER RISK OF HEART DISEASE**
-  **INCREASED ENERGY**
-  **DECREASED BACK PAIN**



1, 2. <https://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-29/why-80-percent-of-new-years-resolutions-fail>

3. VARIDESK Spring 2017 Customer Survey; N=783

4. Harvard Medical School Calories Burned in 30 minutes for People of Three Different Weights.

5. [VARIDESK.com/resources](https://www.varidesk.com/resources)