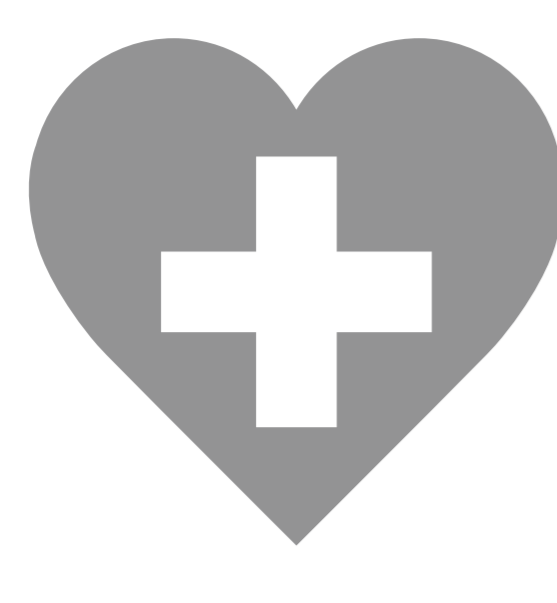


# HEIGHT-ADJUSTABLE SIT-STAND DESKS

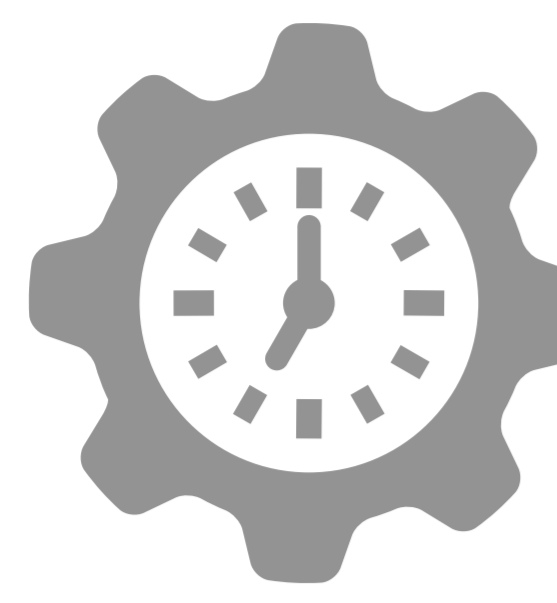
## Improve Workplace Wellness

It's not a fad. Alternating sitting and standing throughout the day improve your health.



### Wellness Benefits

- Improve fitness and reduce the risk of obesity
- Enhance workplace wellness by reducing workstation injuries
- Decrease risk of Type 2 Diabetes
- Reduce risk of cancer and cardiovascular disease



### Productivity Benefits

Studies show workers who use sit-stand desks are 45 percent more productive

## Make Your Own Desk Height-Adjustable

### You don't have to give up your desk!

Most existing desks can be converted to sit-stand desks.

Simply add height-adjustable legs to your existing desk.

You're on your way to a healthier work day.



## What to look for

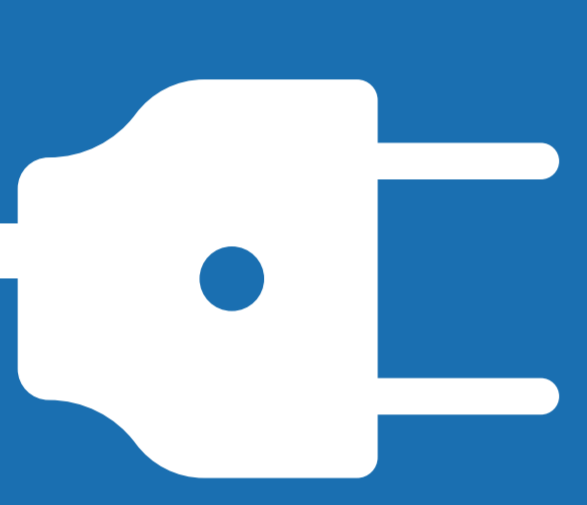
in height-adjustable legs for your desk



**Sturdy telescoping legs**



**Programmable settings**

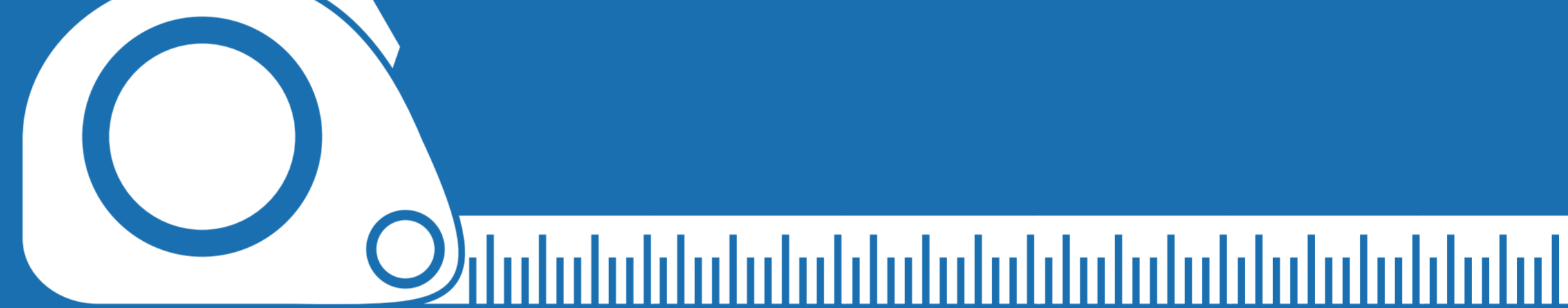


**Electric operation**



**Mobile app**

**Ensure that it fits your height needs**



## Facts & Figures

### Did you know:



**Standard 28.5-inch high desks are designed for a person six-feet tall?**

This means that 99.8 percent of workers have the wrong size desk!

**Standing just an hour out of every day can significantly improve your health?**

Reduce injuries, disease and makes you feel better!



**A sit-stand desk will make you more productive?**

Some studies show that a 45 percent improvement in productivity!

## Key Benefits of Height-adjustable Desks



Improves office wellness by creating a user-defined sit-stand environment



Increases productivity by creating a customized workstation



Reduces injuries by enabling workers to frequently change positions



Reduces medical and disability claims by improving wellness



Delivers strong ROI as the cost of the sit-stand solution is a fraction of medical or disability costs



Helps attract and retain valued employees



Flexibility in hot-desking environments

## About LifeDesk SmartLegs

LifeDesk SmartLegs ensure the right desk fit for 99.8 percent of the population, ensuring comfort and ergonomic excellence in both sitting and standing positions.

