

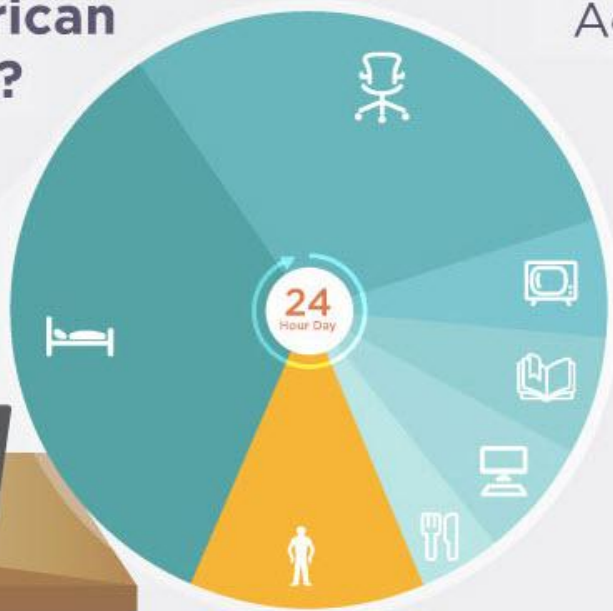
Health and Productivity Benefits of Sit-Stand Solutions

Martin's Office Supply, Inc.
Granbury, Texas
Texas HUB Vendor

SITTING SO MUCH SHOULD SCARE YOU

People across the U.S. are sitting almost all day, living an excessively sedentary lifestyle. They don't like it, they know it's bad for them, but they are doing it anyway.

How Sedentary is the Typical American Each Day?



Sedentary **21 Hours**
Active **3 Hours**

-  Sleeping **8 Hours**
-  Sitting at Work **7.5 Hours**
-  Watching TV **1.5 Hours**
-  Leisure Time **1.5 Hours**
-  On Home Computer **1.5 Hours**
-  Eating **1 Hour**
-  Active/Standing **3 Hours**

Sitting Can Be Uncomfortable Disrupting Workflow, Focus & Productivity

85% take breaks at work for symptom relief.

This loss in productivity ranges from:

1-15 minutes	36%
16-30 minutes	26%
31 minutes to an hour	18%
1-2 hours	4%



16% say they have a pre-existing medical condition that is exacerbated by long periods of sitting

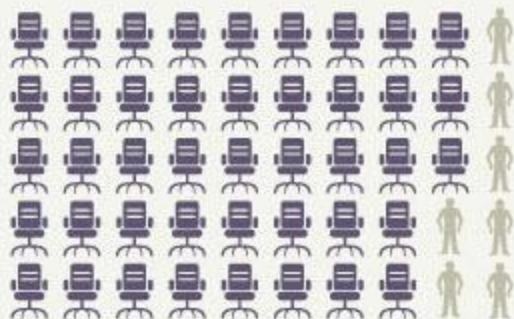
The Top 5 Most Common *Excuses For Breaks:*

- 1** Going to the bathroom **92%**
- 2** Getting a drink **80%**
- 3** Stretching **64%**
- 4** Going to the printer **61%**
- 5** Getting food **56%**

67% of Americans Hate Sitting



86% of Americans sit all day at work



53% would rather stand more while working than do 30 minutes of cardio a day

Americans Hate Sitting So Much, They Would Rather:



Go without coffee for a week

Give up social media for a week

Go to the doctor or the dentist



Give up a vacation day

Work a 14-hour day

SITTING EPIDEMIC:

We are sitting up to 13 hours a day and research suggests it's wreaking havoc on our health.



It's called Sitting Disease. Daily exercise is not enough to counteract excessive sitting. If you are physically inactive, you are at "significant risk"; and if you are physically active, you're still at "high risk."



Key fat burners shut off the minute we sit. Every 2 hours spent just sitting reduces blood flow, raises blood sugar and drops good cholesterol levels by 20%.



Excessive sitting is cited as a key risk factor in 4 of the top 7 U.S. killers: heart disease, stroke, diabetes and some cancers. It is also linked to obesity and early mortality rates.

96%

would be willing to stand more to improve their health or life expectancy



THE REMEDY: SIT LESS. STAND MORE. START NOW.

- ▶ American Medical Association recommends alternative means to prolonged sitting like standing desks, exercise balls and treadmills.
- ▶ Centers for Disease Control indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting.
- ▶ American Cancer Society recommends all public health messages should include both being physically active and reducing time spent sitting.
- ▶ Research shows if people sat 3 hours less a day, it would add 2 years to the average U.S. life expectancy.

“Sitting Disease” by the numbers

Our modern sedentary lifestyles,
both at home and in the workplace,
are costly for us and for our employers.



Average hours of seated commute
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.

94% more likely to die

The 2010 [American Cancer Society study](#) published in the *American Journal of Epidemiology* followed 123,216 individuals (69,776 women and 53,440 men) from 1993–2006. The alarming results:

- Women who were inactive and sat over 6 hours a day were **94% more likely to die** during the time period studied than those who were physically active and sat less than 3 hours a day.
- Men who were inactive and sat over 6 hours daily were **48% more likely to die** than their standing counterparts.

Findings were independent of physical activity levels (the negative effects of sitting were just as strong in people who exercised regularly).

MEDICAL EXPERTS HAVE STARTED REFERRING TO LONG PERIODS OF PHYSICAL INACTIVITY AND ITS NEGATIVE CONSEQUENCES AS "SITTING DISEASE."



A January 2010 [British Journal of Sports Medicine article](#) suggests that people who sit for long periods of time have an increased risk of disease.

In 2010 [the University of Queensland, Australia, School of Population Health reported](#), "Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health."

www.medscape.com/viewarticle/72534



3 out of 4

Full-Time Employees of Large Companies

Wish They Didn't Spend Most of Their Working Hours Sitting (Ipsos study)

67% of U.S. office workers wish their employers offered them desks that could be adjusted so they could work either seated or standing. (Ipsos study)



OVER HALF (~60%) OF EMPLOYEES SURVEYED WERE CONVINCED THEY WOULD BE MORE PRODUCTIVE IF THEY HAD THE OPTION TO WORK ON THEIR FEET. (Ipsos study)

Standing a little more each day tones muscles, improves posture, increases blood flow, ramps up metabolism and burns extra calories.

Join the Uprising at www.juststand.org

Q. Can I convert my existing desk to accomodate a sit-stand solution?

A. Maybe....it depends on the design, construction and layout of your existing furniture. If it turns out that your existing furniture can be retrofitted for sit-stand, then we can install an adjustable height base and use your existing surface top. We can usually determine by looking at a photo of your workstation if it can be adapted to sit-stand or not.

Q. What about a fixed height standing desk?

A. Fixed height standing desks are usually not a good idea for a variety of reasons. The most obvious reason being that someone who is 5`6” needs a different height desk than someone who is 6`5”, and the ability to adjust the height incrementally depending on what you’re doing at any given time is important ie. you might want the desk at a slightly different height if you’re doing paperwork or using your laptop or tablet computer.

What top size is best for a sit-stand desk?

A. Obviously that depends on a variety of factors, but most important is how you intend to use the height adjustable desk and your available space. Assuming that space is not restricted, then you would need to think about your particular needs: if you will be working with a lot of paper, and have a need to “spread out” then a 30x66 or 30x72 surface would probably be best. If you will be working exclusively on a computer, then a 24x60, or even smaller might be acceptable.

Q. What is the cost of a Sit-Stand desk?

A. The price of a Sit-Stand solution varies depending on the following factors:

1. Base type: You can get motorized height adjustable desks, crank style, or fixed height. Motorized versions are most popular due to the ease and versatility of adjustment.
2. Brand: Like any other product, there are varying quality grades and some brands are more durable and heavier duty than others. It is important with a motorized sit stand desk to consider quality and durability.
3. Top Size and Type: Larger tops obviously cost more and sometimes shipping costs are a factor.
4. Retrofitting: Converting existing furniture to sit-stand normally needs to be done by a qualified technician, so that cost must be factored in.

Q. How would I get a quote on a Sit- Stand desk?

A. See options below:

1. Use the “Contact Us” form on [MosOfficeFurniture.com](https://www.MosOfficeFurniture.com).
2. Call 817 573 2694 and ask for our furniture department.
3. Use the “Request Appointment” form on [MosOfficeFurniture.com](https://www.MosOfficeFurniture.com).

Martin’s Office Supply, Inc.

822 West Pearl St.

Granbury, TX 76048

[MosOfficeFurniture.com](https://www.MosOfficeFurniture.com)