

# 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:

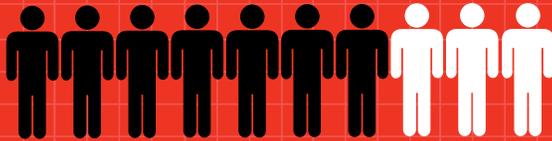
good cholesterol drops 20%

### 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

# Desks

# Accessories



*Muuman 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.



*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.



*Power, Data, & Communications Module*



*Dual Monitor Arms*

*Scissor Lift*



*Keyboard Lift*



*Anti-Fatigue Mat*



*Adjustable Footrest*