



MOVE AND
IMPROVE
WITH
STANDING DESKS

Move and Improve with Standing Desks



Physical Health

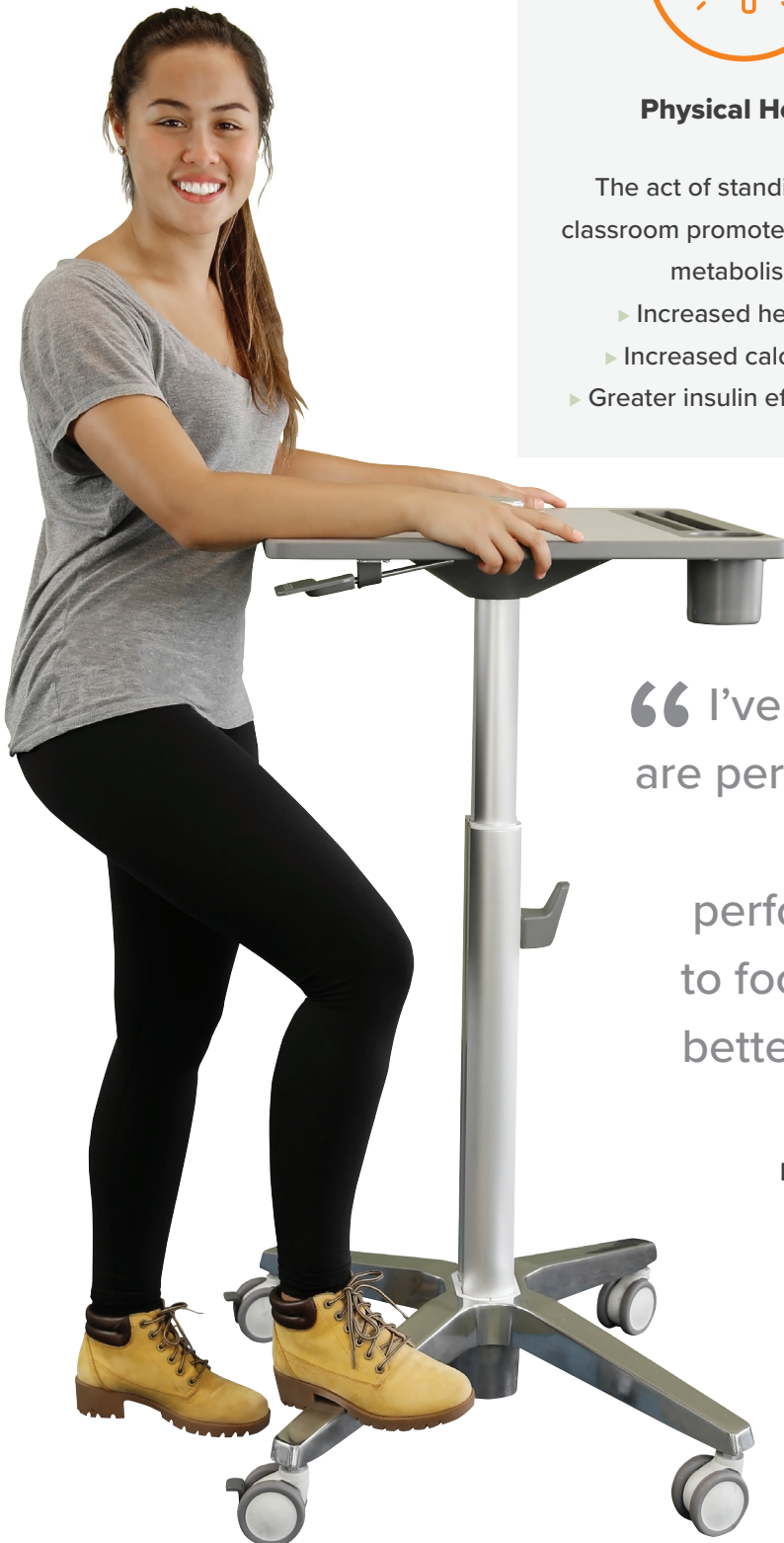
The act of standing in the classroom promotes a healthier metabolism:¹

- ▶ Increased heart rate
- ▶ Increased calorie burn
- ▶ Greater insulin effectiveness



Classroom Engagement

Better oxygen and nutrient transport throughout the body and brain translates into greater student engagement.²



“I’ve noticed that my higher level kids are performing even higher than normal. And my lower level kids are performing higher as well. Being able to focus in the classroom translates to better comprehension of the material.”

Keri King

Biology Teacher, Lamar High School, Houston, TX

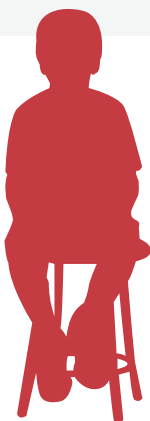


LEARNFIT



Academic Performance

The combination of better health and engagement has a positive effect on cognition and test scores.³



SEDENTARY

RECOMMENDATION:
REDUCE SITTING TIME
BY HALF

LOW-LEVEL PHYSICAL ACTIVITY

STANDING, FIDGETING
KINESTHETIC BRAIN BREAKS

x2

RECOMMENDATION:
TWICE THE DAILY
ENERGY EXPENDITURE
AS EXERCISE



¹ This study was conducted by Dr. John Buckley at the University of Chester. BBC/University of Chester researchers found that both heart rate and energy expenditure were raised significantly by standing work, and that sit-stand desks are both feasible and effective at reducing sitting time in a work setting.

² The Impact of Stand-Biased Desks in Classrooms on Calorie Expenditure in Children, Benden, Blake, Wendel, Huber, published in American Journal of Public Health, August 2011

³ Institute of Medicine, 2013 (further reading), Centers for Disease Control & Prevention, 2010



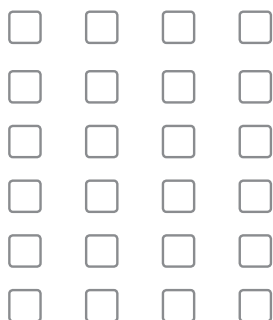
MODERATE & VIGOROUS PHYSICAL ACTIVITY

RECOMMENDATION:
60 MINUTES PER DAY

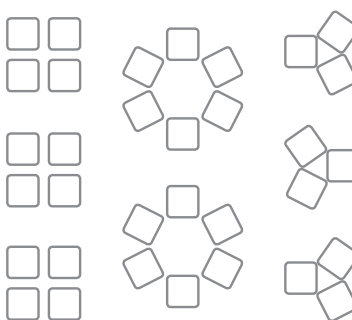
Flexible Personalized Learning

Create active learning spaces that are responsive to all users and that can accommodate the range of learning styles.

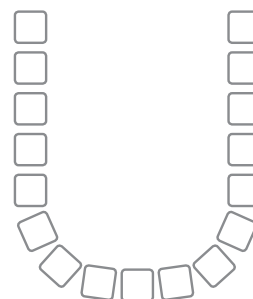
ROWS



GROUPS



INSTRUCTION



KIDS ARE MEANT TO MOVE!



	LearnFit Whiteboard Sit-Stand Desk	LearnFit Sit-Stand Desk, Tall	LearnFit Sit-Stand Desk, Short	LearnFit SE2 Sit-Stand Desk, Short
Part # (color)	24-756-003 Americas, APAC (white/silver)	24-481-003 (grey/silver)	24-547-003 (grey/silver)	24-715-F13 Americas (maple fusion/silver)
Weight Capacity	≤ 15 lbs (7 kg)			
Lift	16" (40 cm)			
Worksurface Height	29–45" (73,7–114,3 cm)	34.6–50.8" (88–129 cm)	29–45" (73,7–114,3 cm)	
Warranty	Worksurface: 1 year limited warranty Base and lift engine: 10 year warranty	10 years		
Easy Assembly	60 seconds, no tools required			3 minutes & 3 screws



Download additional resources at ergotron.com.

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EDUCATION