Dear [insert your boss’ name here],

As someone that sits at my computer all day I’d like to ask for your permission to get a sit-stand workstation.

I’ve done my research and learned that physical inactivity is the [fourth leading risk factor for global mortality](http://www.who.int/healthinfo/global_burden_disease/GlobalHealthRisks_report_full.pdf) and numerous studies link physical inactivity with health problems like type 2 diabetes, cancer and heart disease. This concerns me just as much as the idea that prolonged sitting impacts the spine and puts computer users like me at a higher risk for musculoskeletal disorders. Sitting for longer than 6 hours a day at work (I typically spend 8) may also increase risks of [mental health issues](http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-885), such as anxiety and depression. And I am aware that not only are these conditions harmful, they are costly to treat.

I think a sit-stand workstation is a good idea because of the [growing body of research](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3419586/) which supports breaking up sedentary activities with standing and movement. A 2016 [Stanford University study](http://journals.lww.com/joem/Abstract/publishahead/Impact_of_a_Sit_Stand_Workstation_on_Chronic_Low.99029.aspx) even found that workers using sit-stand desks were 78% more likely to report a pain-free day than those who used regular workstations. A sit-stand workstation would allow me to switch between sitting and standing throughout the day, without having any negative impact on my [productivity](http://erg.sagepub.com/content/23/3/20.abstract).

I would like to recommend a sit-stand workstation by Ergotron, the [insert name of [WorkFit](http://www.ergotron.com/Products/Workstations/StandUpDesks/tabid/803/Default.aspx) product here].

The evidence supporting the need for active workstyles is strong and [organizations that invest in their employees’ wellbeing](http://www.gallup.com/businessjournal/186386/enhances-benefits-employee-engagement.aspx) may reap significant reductions in costs and increases in value over time.

I believe that a sit-stand workstation will improve my health and my value as a member of our team. Can we schedule a time to talk about my request in more detail?

Sincerely,

[Insert your name here]