



MOVE AND  
IMPROVE  
WITH  
STANDING DESKS

ergotron  
**LEARNFIT**



# Move and Improve with Standing Desks



## Physical Health

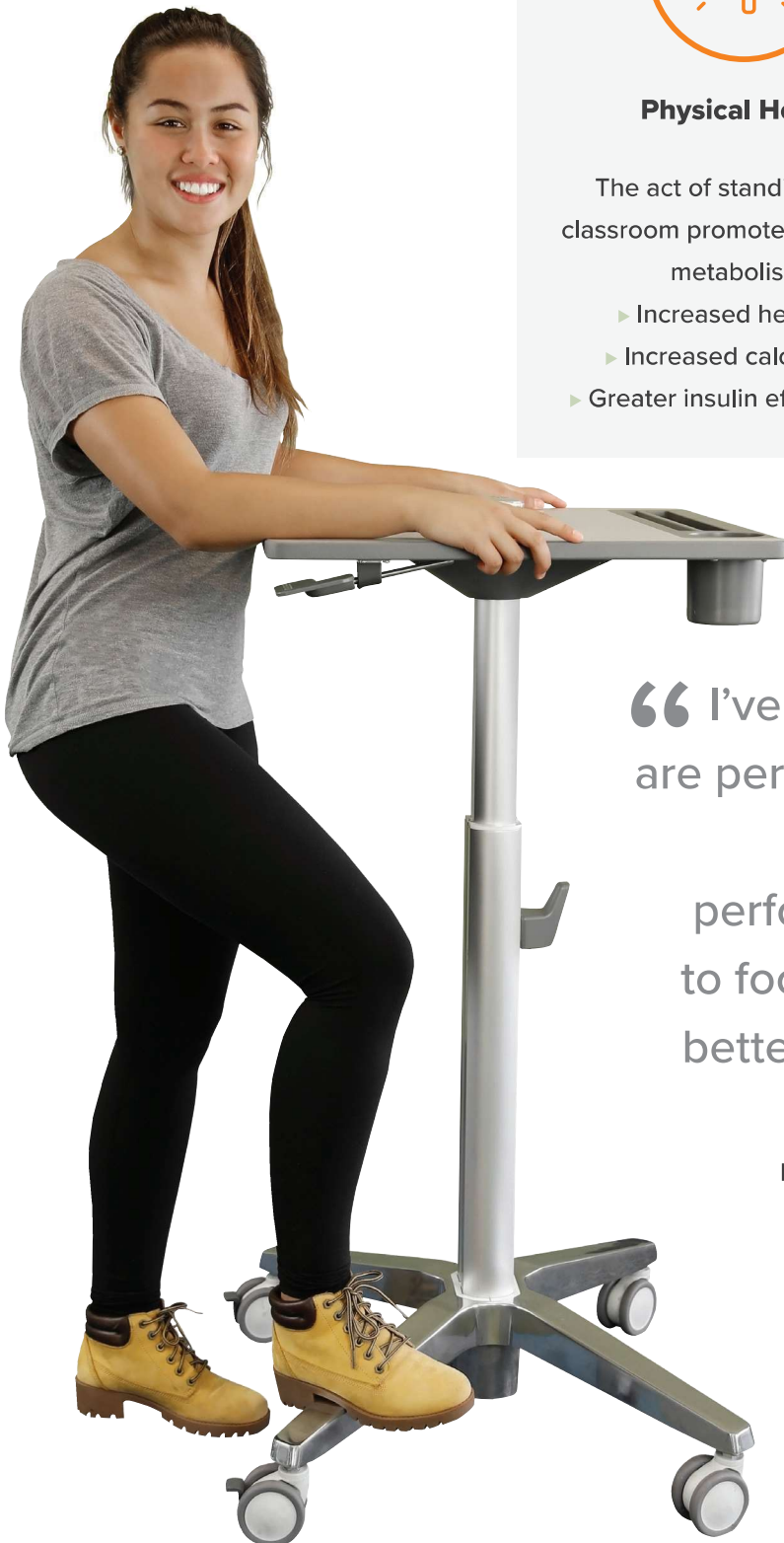
The act of standing in the classroom promotes a healthier metabolism:<sup>1</sup>

- ▶ 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.<sup>2</sup>



“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





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## Academic Performance

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



### 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



<sup>1</sup> 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.

<sup>2</sup> 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

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



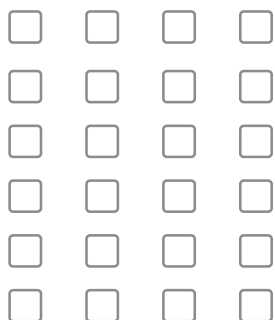
### MODERATE & VIGOROUS PHYSICAL ACTIVITY

**RECOMMENDATION:**  
60 MINUTES PER DAY

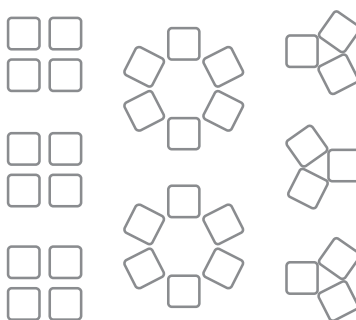
## Flexible Personalized Learning

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

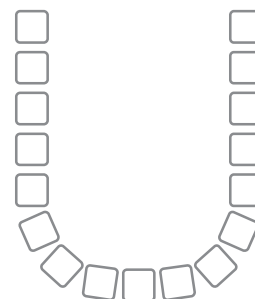
### ROWS



### GROUPS



### INSTRUCTION





# KIDS ARE MEANT TO MOVE!



	LearnFit Sit-Stand Desk, Tall	LearnFit Sit-Stand Desk, Short
Part # (color)	24-481-003 (grey/silver)	24-547-003 (grey/silver)
Weight Capacity	≤ 15 lbs (7 kg)	
Lift	16" (40 cm)	
Worksurface Height	33.25–50.8" (84–129 cm)	29–45" (73,7–114,3 cm)
Warranty	10 years	
Easy Assembly		



Download additional resources at [ergotron.com](http://ergotron.com).

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EDUCATION