

Take-a-Stand Project

survey report

Results

Reported results from highly active, fit, normal weight, apparently healthy, mostly female employees with relatively sedentary work tasks show that incredible results are achieved when standing one more hour daily. Participants sat and stood in four 15-minute increments, using WorkFit™ sit-stand workstations.

“ I think I increased physical activity in other areas of my life once I started using the WorkFit. ”

My posture improved.
My neck, shoulder and lower back tension went away.

This has made me look at my total activity level in other areas of my life. I have now joined a gym.



87%

felt more energized



87%

felt more comfortable



78%

felt healthier overall



71%

felt more focused



66%

felt more productive



100%

felt better!
2 out of 3 reported feeling much better

WHEN TO STAND:

Every time the phone rings, and stay standing throughout the duration of the call.

During meetings, towards the back or side of the room.

When you're drinking a cup of coffee, or eating.

Stand every hour on the half-hour. Set your calendar to remind you.

When a challenging or frustrating situation arises, stand to clear your head and gain a new perspective.



38%

felt a reduction in fatigue



50%

felt reductions in pain upper back, neck & shoulder

“ I was able to focus on my work better. My hand and shoulder pain went away. ”

I was able to do more exercising and moving while standing and on the phone.