School Initiative: Active Classrooms

Sitting for long periods slows the metabolism, zaps energy and hinders the best learning. Our bodies are meant to move! Teachers know that active students are more engaged and perform better. Principals know that active students have fewer disciplinary issues. Good health and learning can be accomplished with active classrooms, which is why mobile, sit-stand desks are being used in classrooms around the world.
Ask these three questions:

1. How is your school addressing **physical literacy**?
2. Is everyone in agreement that low-level physical activity, like standing and fidgeting, can benefit metabolic health, classroom engagement and academic performance?
3. Why are sedentary classrooms still the norm and what will it take to make sit-stand furniture a priority?

**Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.**

*The International Physical Literacy Association*
The act of standing in the classroom promotes a healthier metabolism:
- Increased heart rate
- Increased calorie burn
- Greater insulin effectiveness*

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

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

*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.


*Institute of Medicine, 2013 (further reading), Centers for Disease Control & Prevention, 2010
Active classrooms need active furniture. Here are some ways to get started:

Grants & Crowd Funding
Whether requesting funds from within your district or from external sources (i.e. grants or platforms like Donors Choose), Ergotron has created a powerful resource to help you make your case for LearnFit desks:

- Getting started with grants FAQ
- Links to grant search databases
- Starter text for writing your proposal

Classroom Trial
Here's an idea ... Start with 4. Start small. Integrate four LearnFit desks into a single classroom and watch what happens. Get started now at store.ergotron.com.

Large Pilot Program
Contact your school's preferred furniture or IT dealer about putting together a pilot program with volume pricing.

Ergotron is a proud supporter of Fuel Up to Play 60 and Active Schools.