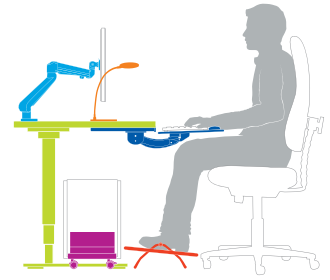


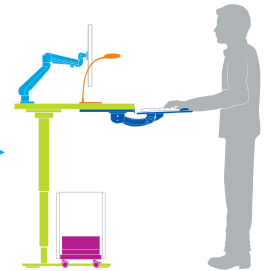
10 REASONS TO CONVERT TO A HEIGHT ADJUSTABLE WORK STATION

Today's workplace is changing. Sitting at a desk all day is no longer acceptable for a workforce wanting more flexibility, increased comfort, and improved health. Sitting all day has proven to be unproductive, uncomfortable and unhealthy. According to research:

1. Sitting is associated with an increased risk of **diabetes, heart disease, and death.**
2. Sitting strikes approximately **92,000 people each year with avoidable cancer.**
3. If you sit for a living, your **risk of developing cardiovascular disease is twice** that of someone who stands on the job.
4. Sitting six-plus hours per day makes you up to **40 percent likelier to die within 15 years** than someone who sits fewer than three, even if you exercise.
5. Sitting is said to be as **deadly as smoking.**
6. When we sit, electrical activity in the legs **shuts down enzymes that help break down fat by 90 percent** and calorie burning drops to one per minute.
7. Sitting causes **good cholesterol levels to drop** after two hours.
8. Researchers have linked sedentary behavior to **increased risk of several forms of cancer and blood clots, which can cause strokes and heart attacks, among other health problems.**
9. Sitting causes the risk of **diabetes to increase 24 percent.**
10. One study found that sitting for less than three hours a day could **increase life expectancy by two years.**



Sit-to-Stand for improved health, comfort & productivity.



Employers and employees alike are looking for new alternatives. With an increased concern for workforce health, and pressure to decrease health insurance costs, employers are looking for new ways to improve employee health and productivity. **ESI ERGONOMIC SOLUTIONS** has a practical, cost-effective solution - the benefit series height adjustable tables. For more information, visit ESI's website at esiergo.com or contact your representative.

SOURCES AND LINKS:

[Sitting All Day is Killing You – It's Time to Stand Up for Health](#) (by Natural Society)

[Why Sitting All Day is Killing You](#) (by CBS News)

[Standing Desks and Walking Stations Replace Office Chairs at GSK's New Philadelphia Offices](#) (by MedCity News)

[Get Up, Stand Up, For Your Life: Can Standing Desks Fight Sitting Disease?](#) (by Forbes)

[Too Much Sitting May Undo Gym Benefits](#) (by Quality Health)

[Sitting May Shorten Lives](#) (by Science Alert)

[Kill Your Desk Chair – and Start Standing](#) (by Business Week)

[Can't Stand to Sit Too Long? There's a Desk for That](#) (by New York Times)

[Taking a Stand for Office Ergonomics](#) (by New York Times)

HEIGHT ADJUSTABLE WORK STATIONS



TRIUMPH
ELECTRIC



- Height range: 26" - 45.5"
- Total travel range: 19.5"
- Adjustment speed: 1.4"/second
- Lifting capacity: 180 lbs
- Adjustable cross channels



VICTORY
ELECTRIC



- Height range: 24.4" - 50"
- Total travel range: 25.6"
- Adjustment speed: 1.4"/second
- Lifting capacity: 220 lbs (2-leg) / 330 lbs (3-leg)
- Adjustable cross channels



CRANK
HAND CRANK



- Height range: 27" - 45"
- Total travel range: 18"
- Adjustment speed: 1" per 6 cranks
- Lifting capacity: 250 lbs (2-leg) / 300 lbs (3-leg)



PNEUMATIC
GAS CYLINDER



- Height range: 27" - 47"
- Total travel range: 20"
- Lifting capacity: varies with size



QUAD
ELECTRIC



- Height range: 24.6" - 50.2"
- Total travel range: 25.6"
- Adjustment speed: 1.2"/second
- Lifting capacity: 220 lbs



PREMIUM
ELECTRIC



- Height range: 22" - 48"
- Total travel range: 26"
- Adjustment speed: 1.5"/second
- Lifting capacity: 220 lbs (2-leg) / 300 lbs (3-leg)