



SIT. STAND. SWITCH.

Change how you work every **30** minutes



Bring a new sense of energy to your workday

Regular movement—like standing up or moving throughout the day—is key to adding comfort and a new sense of energy to how you work. By switching from one posture to another, you support your overall physical and mental health to help you work vibrantly in any workspace.

What is the Sit-Stand Switch?

It's our research-driven guide for how much to move during the workday. Switching positions every 30 minutes revitalizes your mind and your body to boost productivity and well-being.

What's the best way to adopt this new way of working?

Start slowly. Try to stand five minutes every hour, and then add five minutes each day until you work up to moving every 30 minutes.

Research suggests that sitting for extended periods slows your metabolism and raises your risk for obesity, cancer, diabetes, heart disease and more. Being on your feet all day can also be hard on your circulatory system, legs, feet and back, so remember that balance is key.



How else can I fuel a productive and comfortable workday?

Building an ergonomic workspace that supports good posture sitting or standing will help you feel and work at your best. While sitting, avoid slumping forward, craning your neck or dropping it down. While standing, keep knees relaxed and not locked. Wear supportive shoes and cushion your feet with a mat. Fidgeting and light stretches also promote circulation and focus.

How can I stay committed to this new healthy habit?

Try these tips:

Set a digital alarm or kitchen timer for 30-minute intervals

Use a wearable device that tracks activities and reminds you to move

Try an app that messages you to regularly switch from sitting to standing



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Download additional resources at ergotron.com.

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Literature made in the U.S.A.

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