



# The sit-stand workplace

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***Movement for improved comfort***



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## The sit-stand workplace

In the modern working environment, the office is more than a functional area - it has become a living space where you must feel comfortable to be effective. The quality of your work is determined through creativity, satisfaction and well-being. A comfortable and ergonomic workplace design is the basis for modern, productive work.

Nothing is worse than monotony and uniformity. Everyone who has had to remain in a sitting position for a long period can confirm this, e.g. in a plane or at school. A variation of the working posture has a restorative effect. Why?

Because a lot of things happen in our body, which influence our well-being. Real

comfort means freedom of decision. This applies both in your everyday life and in the office. Through change of mental and physical strain, the variation can be integrated in your working day. In the long term, this ensures optimal results.

**If the employees need to be flexible  
– why should this not apply to the furniture?**

### **Alternately sit.....**

You spend more than 85% of your time in the office sitting down. The most common health problems in the workplace are backaches and tensions.





#### **.... and stand**

The magic formula is prevention. Alternately, stand and sit relieves your spine and keeps your cardiovascular system going.

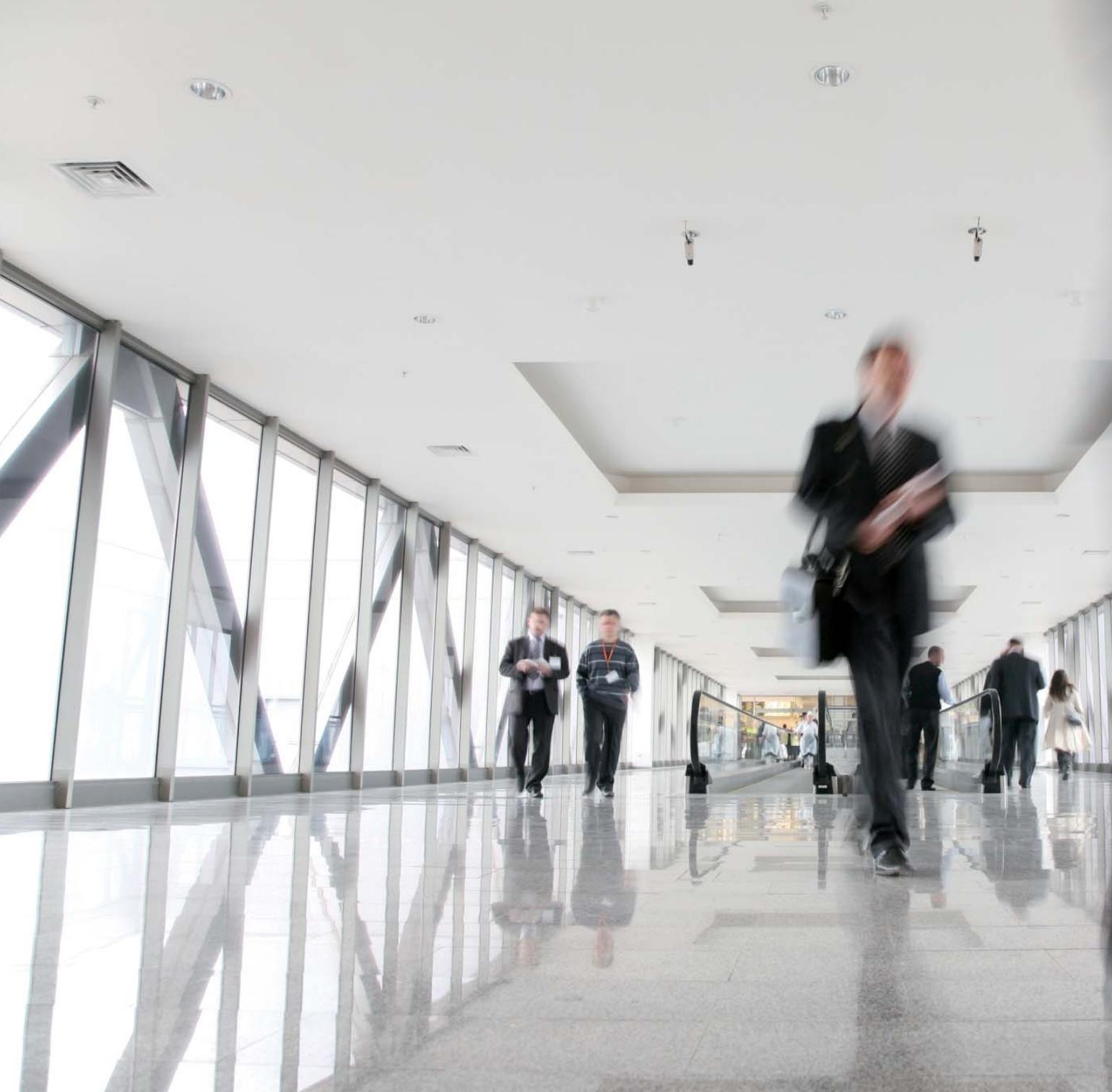
## Movement is the elixir of life

This guideline should also apply during the workday. Especially during the office workday. A lifestyle with movement keeps you young and is therefore true luxury for the human being. Constant sitting makes you feel tired and weak. By limited means – solely by changing body positions – the organism can benefit at many levels and reach quite different effects.

Altogether, this ensures comfort and gives your new energy. Balanced nutrition and targeted strategies to cope with stress enhance the effects and lead to a complete healthy living. Exercises imply:

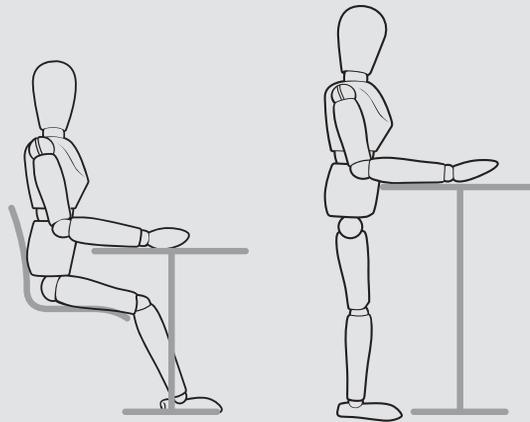
- Reduced symptoms of stress ←
- Blood vessel drainage/relief ←
- Increased oxygen supply and blood circulation ←
- Muscle strengthening conditioning ←
- Structure of the bone system ←
- Better supply of cartilage and disc ←
- Stimulation of lymph drainage ←
- Stabilisation and strengthening of the skeletal system ←
- Positive influence on hormone balance ←
- Increased coordination ←





## Take a stand - make a move

A short walk during the lunch break can have significant positive effects. However, it requires time and you do not always have the time. Relaxation helps recovering. Health and well-being is not only promoted during the breaks. Also during the intensive work phases in which it is almost impossible to leave your desk, the use of a comfortable workplace can counteract the constant strain caused by posture monotony. A frequent change between active stand and sit phases is a real comfort for the human being. Take a stand - make a move.



## Many advantages

Not only the change between different body positions have many positive effects.

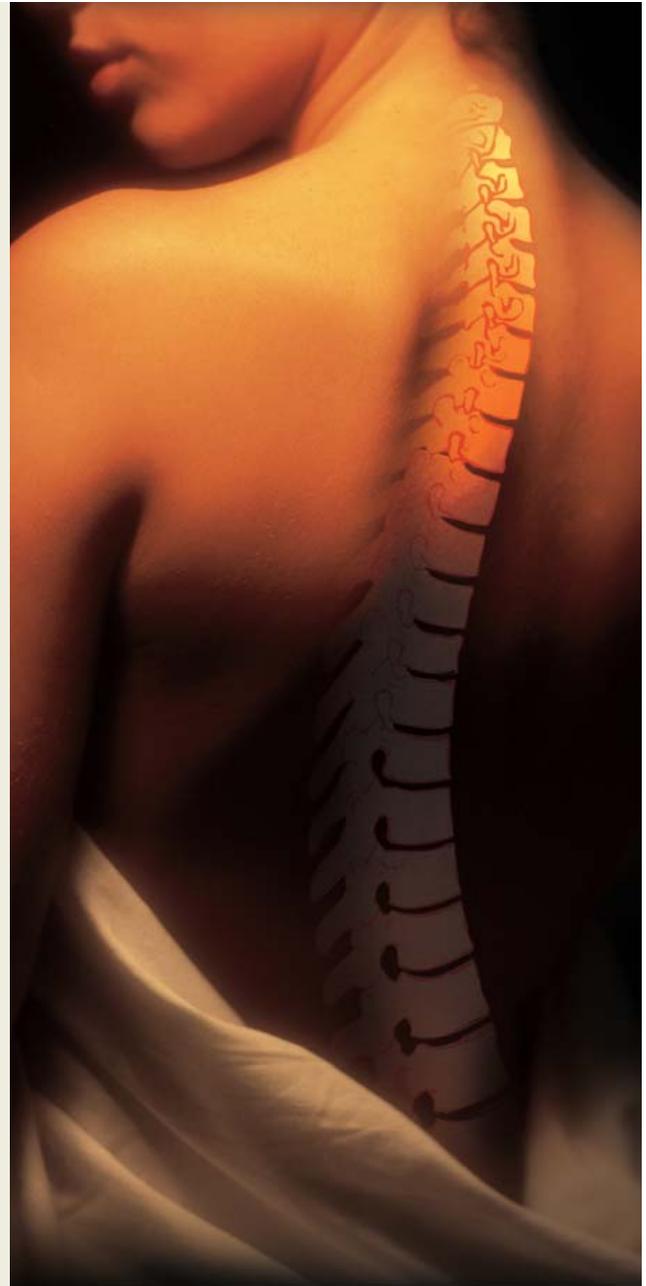
Also, the stand/sit-stand work offers numerous advantages that should be utilised by the employee:

- **increased use of the abdominal muscles**
- **increased use of the back muscles**
- **increased use of the lower extremity**
- **activation of the musculature**
- **a wide range of movement supporting variation possibilities**
- **improvement of the area within reach**
- **improvement of the coordination when using the sit-stand**



## Start the fight against tensions and backaches

Many people suffer from tensions and backaches. The frequent change of position during work emphasises many positive effects of movement and activation. Besides the increased strain on individual body parts, this also includes an improved relaxation of the neck, shoulder and back area, increased cardiovascular activation and a feeling of relaxation taking effect when sitting down after a stand up phase. Sit-stand components can be used as another excellent variation possibility at the workplace. Movement intervals of 30 – 60 seconds can support the effects additionally. Office and administration employees spend approximately 80,000 hours of their working life sitting down. A quarter of all sick days are the result of work-related musculoskeletal disorders. The change between sitting and standing strengthens the muscles, prevents monotonies and thus prevents tensions and relieves the spine.





## An active workplace makes you beautiful

The fight against the pounds is an omnipresent theme. Standing helps in the fight against the belly coming from sitting too much. Researchers from the University of Missouri found out that too much and too long sitting makes you fat. They could prove that a person, who has sedentary work, cannot unfold the enzymes needed for fat burning. Recommendation: change your working position between standing and sitting during the day.

The best way to reduce your body weight is a negative energy balance. You must use more energy than you consume. The energy consumption is often the problem. A good start would be rather to take the stairs than use the elevator. An active work environment is also useful and helps you burn fat. By standing and sit-stand as well as by the frequent change of position, the muscles are used and thus strengthened. A higher basic metabolism, i.e. consumption of calories, is the consequence. The muscles also burn calories at rest. The more muscles you have, the higher is your consumption.

**Standing helps in the fight against the „pot belly“**

In addition, you increase the consumption of calories by standing, as this position compared to sitting has an increased effect on your energy consumption. Per 250 saved kcal per day you burn approximately 1 kilo fat per month. An active workplace helps you create a healthy energy balance and thereby helps make the unpopular rolls of fat disappear.

## Exercises for improved comfort

### Fitness and wellness at work – with small exercises in between

The height-adjustable desks convince everyone when used correctly. Analyses of the Federal Institute for Occupational Safety and Health confirm that active workplaces are accepted and used, and thus result in many positive effects. Of course, the adjustment of the table height must not become or be a duty or a “play”. However, because the human being accepts an environment with increased comfort, this will quickly become a habit.

Simple moving exercises during standing help the venous muscle pump with its work. Then only through movement will it activate and transport blood more frequently against gravity towards the heart. Furthermore, balance can be improved e.g. when making phone calls, if you lift a leg off the ground now and then.

An active workplace supports the human being in his/hers health awareness. Furthermore, your health and well-being will be increased when activity and change has a high priority outside of your working life. Therefore, the motion potential should also be utilised as intensively as possible in your everyday life. If attention is attracted to these aspects, a cycle of activity is created. Finally, this leads to physical and mental performance enhancement!



### **Professor Dr. Ingo Froböse**

A professor of prevention and rehabilitation in sports and spokesperson of the Institute for Health, German Sports University Cologne. Together with his colleagues, he has made this brochure and the following exercises.



### Standing on tiptoe

Strengthening of your calf muscles. Place your feet so that they are in line with your hips and lift your heels slowly to tiptoe position and keep this position for a short moment. Hereafter, lower your heels steadily to the starting position.

Duration: 1-3 minutes



### Stable standing on one leg

Stimulation of your balance ability. Hold your balance stable standing on one leg. Your buttock muscles are strained, which stabilises your hips. Raise the level of difficulty by staying tiptoe on one leg or shift of weight on front and hind foot.

Duration: 1-3 minutes. Hold the weight on one leg for 15-20 seconds. Hereafter changeover.



### Leg stretcher

Strengthening of your hips and thigh muscles. Standing stable on one leg move your thigh upward. Now slowly lower your lower leg with tightened toehold in forward direction.

Duration: 1-3 minutes.

Repeat 8-12 times per side.

Hereafter changeover.



### Leg stretcher

Strengthening of your hips and thigh muscles.

Standing stable on one leg move your thigh forward. Now slowly lower your lower leg with tightened toehold in forward direction.

Duration: 1-3 minutes.

Repeat 8-12 times per side.

Hereafter change over.



### Calf stretcher

Stretching of your calf muscles.

Go down in your knees, make an easy step position and lean on the desktop.

Bend your front leg in the knee joint.

Stretch your rear leg and keep your heels down on the floor. Now move your hip forward until you feel a slight strain in your calf muscles.

Duration: 1-2 minutes. Hold the weight for 15-20 seconds. Hereafter change over.



### Knee flexer

Strengthening of your rear thigh muscles.

Standing stable on one leg, pull your lower leg of the non-supporting leg slowly backward upward until the leg is parallel with the floor.

The knee of the non-supporting leg remains in the same height as the supporting leg. Duration: 1-3 minutes. Repeat 10-15 times per side. Hereafter change over.



### Desk rest

Strengthening of your upper extremities. Place your feet so that they are in line with your hips and rest your slightly flexed elbows on the desk. Tense your torso muscles and flex your arms until 90°. Keep your elbows in torso height.  
Duration: 1-4 minutes. Repeat 10-15 times per side. Hereafter a break of 30 seconds.



### Professional standing on one leg

Stimulation of your balance ability. When mastering balancing stable standing on one leg make the exercise on a labile surface (e.g. a gymnastics / exercise mat or a folded towel).  
Duration: 1-3 minutes. Hold the weight on one leg for 15-20 seconds. Hereafter changeover.



### Knee lifting

Strengthening of your thighs and buttocks muscles. Place one foot in front of the other and lift the heel of your rear leg from the floor. Bend your front leg. Your front knee must not project your toes.  
Duration: 1-3 minutes. Repeat 10-15 times per side. Hereafter changeover.

## Change habits – become active, work actively

Reading whilst settled back in a recliner, conversation with friends at a sit-stand desk or relaxing lying on the sofa. In your spare time, the position of your body differs depending on what you are doing. Why should it be different at work? Why do we always remain in our sitting posture, no matter what we do – whether we write, read or chat with colleagues? Breaking habits help discover new qualities. Also at work the type of activity varies and thus the demand to adopt varying body postures. Everyone knows his tasks and work best, and is therefore

### The ideal posture for every activity:

Sometimes there are only a few centimetres to a better working position

able to shape his workplace accordingly. Moreover, you are also the best to feel when it is necessary to move or to change position.

There are different ways of sitting. Sometimes centimetres decide the correct working position. When researching at the computer or when reading files, some people may find it more comfortable when the desk is run a bit upwards. When typing on the keyboard many people want to adjust the desk to a lower position. At an electrically height-adjustable desk, you can adjust

the ideal position by pressing a button and store the position. It is useful to utilise a dynamic workplace and the work processes according to your individual preferences. It is recommendable to be aware of the use and possibilities of an active workplace and to be informed. Thus, important tips regarding the necessity of movement and alternating physical strain can be communicated at training sessions. An improved work situation cannot be achieved until people are aware of the importance of movement and of an optimal workplace design.

The luxury to form your life according to your individual

imagination is then reflected in the results of the work you deliver. The convenience of change and variation as a stimulus for good results!





### **Communication – modern work means to communicate**

Communication is an important brick to the success of a company. After all, 50 percent of all employees participate in a meeting and communicate at least once a week. The utilisation of height-adjustable desks for a brief meeting promotes communication. A discussion on your feet at a run up desk position instead of a “meeting” emphasises that the company and the employees have a modern and creative approach.

# The whole thing is more than the sum of its parts

The effects of an active workplace are complex. An active workplace does not only affect the health parameters but also many specific qualities, which are indispensable in our professional life. They require the following, individually mutually listed features and lead to synergistic effects, which exceed the improvement of the individual qualities.

## Personal responsibility

An active workplace increases the possibility of having a personal responsibility for your body and thus dealing with your health and well-being. Also, the awareness to utilise the full potential of the workplace by frequent change of position, pays off in your performance at work as well as in your everyday life.

## Decisions are made faster

Decisions are made faster when standing. Therefore, some companies increasingly prefer “standing sessions” instead of meetings where you sit down. Investigations have shown amazing results: The response times for decisions made when standing are on average 5 to 20 percent shorter than they were for decisions made when sitting.

## Flexibility – Desk sharing

The electric height adjustment promotes another important characteristic of good work - the flexibility. An active, frequently changing working position favours a flexible and dynamic work attitude. Similarly, the flexibility in the organisation of jobs is increased. With the effortless change of the desk height, it will be easier to share a desk. Thus, a workplace – without health risks (permanently inappropriate working positions) – can be used for different jobs. And in this way: “spontaneous” meetings can be arranged without long preparations.

## Strain - to cope with stress

Stress is an integral part of your workday and it is often considered as a major disturbing factor for your health. However, stress should not only be considered a negative factor because it drives you so that you can accomplish peak performances. Only the permanent incorrect handling of stress can affect your health and work. Well organised personal stress management can counteract the effect of this. This is especially clear when your mood affects your posture. That is how you associate a person full of self-confidence with an open upright posture.

## A balanced work life

Active workplaces can support the appropriate handling of stress. The frequent change of position eliminates the tension and relaxation of various muscles. At a physical level, this gives you a balance, which - through the close connection between body and spirit – affects your physique. The result is a balanced and satisfactory workday.



# LINAK technique makes work flexible

## DESKLINE® – the clever move

The LINAK DESKLINE Division provides complete flexible actuator systems for height adjustable desks, worktables and counters based on your needs and wishes.

We focus on easy modular and reliable solutions to fit your design both functionally and aesthetically.

At DESKLINE, we collaborate closely with our customers to develop innovative new ergonomic adjustability for a number of workstations. The aim is to improve both the comfort of the end-user and the demand for your product.

This philosophy has earned DESKLINE a position as a leading supplier of high-quality adjustment solutions since we entered the office desk market in 1998. Today we enjoy a solid reputation everywhere as a dedicated partner and advisor with extensive insight into applications, regulations and the market in general.

## Plug & Play solutions

LINAK has the widest product programme for office desks on the market. We develop and provide solutions where all components work together. True systems where everything fits, it is simply Plug & Play. With our DESKLINE systems you can concentrate on design, stability and furniture aesthetics.





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