



Get Moving

Why the use of UPGRADE sit-stand desks
increase efficiency

Improve work performance with your office design

Today's office environments demand flexible and ergonomic solutions that support both general and individual needs. As offices get smarter and more digital, they also become more comfortable. But does this lead to greater movement?

Humans were built to move, yet the typical office worker spends most of the day sitting at his or her desk. While physical inactivity is a health risk for the individual, employers have also become increasingly aware of the negative effects on work efficiency and absenteeism among employees.

Sit-stand desks can reduce sedentary behaviour significantly, decrease the risk of lifestyle-related diseases and increase employee well-being.

This brochure offers insight into how sit-stand desks can add value to the modern office environment, why they can be an attractive investment and create ROI for employers and why it is so important for us to stay physically active throughout the day.

Stand up and enjoy reading.

The office environment is changing

Previously

- You printed everything
- You went to the office every morning
- You stayed in the same job for years
- You had your own personal desk



Office environments are changing. Today, flexibility is key. As our work becomes more digitalised, our working day becomes smarter and more efficient. Employees work from the office – or from home, desks are shared to save office space,

Now

- You have less paper on the desk
- You have the option to work from home
- You change job every five years
- You share a desk with various colleagues

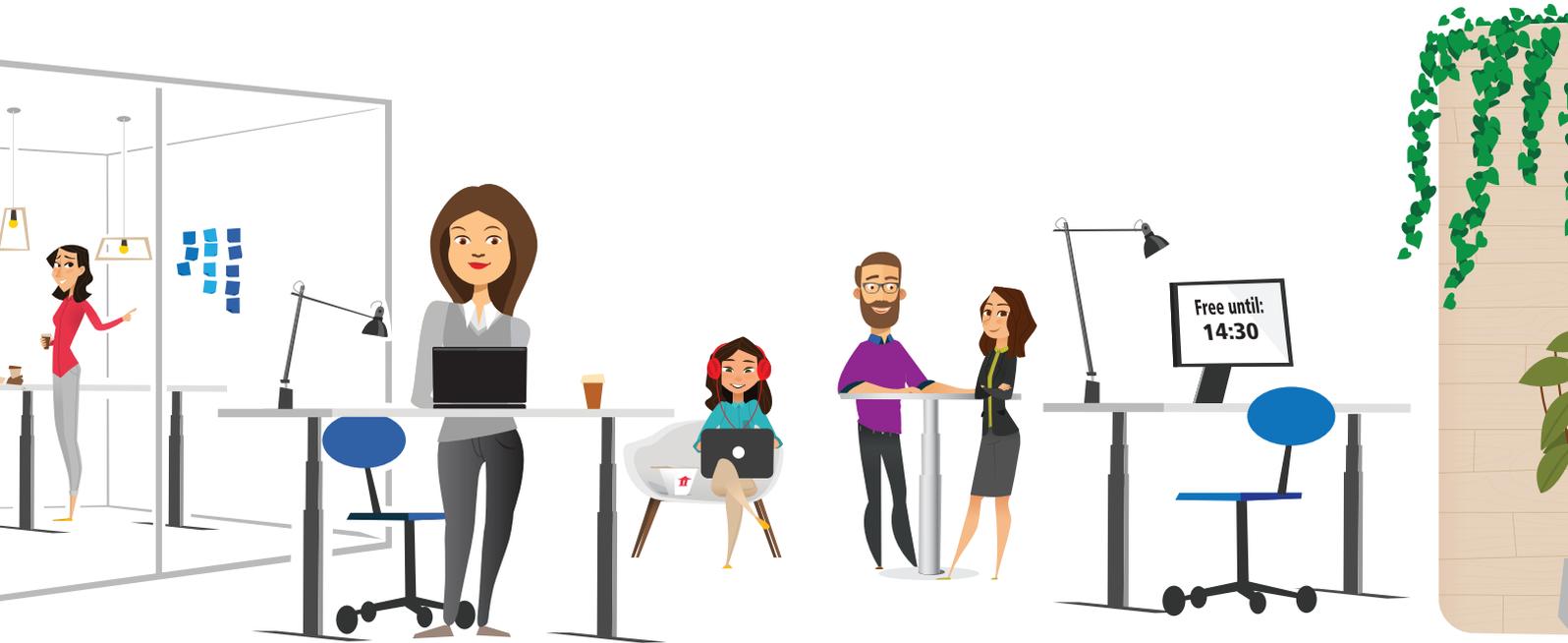


open-space offices support collaboration and silent areas offer spaces for more focused work. Well-designed offices support employee satisfaction and create engagement.

Office trends

Interior design is gaining focus in the office environment. From collaborative spaces to silent areas. A well-designed environment supports brand commitment, allows for individual needs and stimulates efficiency.

Below are some ideas on how you can create an activity-based (ABW) working space, which is all about the presence of design, the sensory experience, behavioural reinforcement and interactive learning.



How sedentary are we?

Many Danes sit down a lot during an ordinary day. In fact, more than half of us are sitting down for 8 hours or more a day. This also means that about 30% of the Danes do not meet the minimum recommendations for physical activity from WHO. Most of these people, however, have a desire to be more

active – and this is where the sit-stand desk becomes relevant. Getting up during the workday and not just spending all hours in the office chair, can be a step in the direction of less inactivity.

The minimum recommendations from WHO

The minimum recommendations for physical activity from WHO: At least 150 minutes of physical activity per week at moderate intensity or at least 75 minutes of physical activity per week at hard intensity or a combination of the two. The activity should last at least 10 minutes at a time.





"Even 30 to 60 minutes of jogging a day won't undo eight hours of sitting"

Dr. Elizabeth Joy

- University of Utah Health Sciences Center

Consequences of inactivity

- **30 %** of ischaemic **heart diseases** are caused by physical inactivity
- **27 %** of **diabetes** cases are caused by physical inactivity
- **21 %** of **breast cancer** are caused by physical inactivity
- **25 %** of **colon cancer burden** are caused by physical inactivity
- Physical inactivity is the **4th** leading risk factor for global **mortality**
- **80 %** will experience **back pain** at some point in their lives – while 80% of all back pain is **preventable**, the best well-known preventive and therapeutic solution for back pain caused by sedentary behaviour is **physical activity**



Sick days – a costly affair

The Danes have their share when looking at the average number of sick days per year. Sick days can have many different reasons, but many of them are certainly related to the pains felt when having too much sedentary work. It hurts the employee, but also the employer, who has to pay for lost earnings.

The absenteeism rate per Danish employee due to illness is 3.66% corresponding to

**8 sick days
per year**

Illness costs the Danish employer

12,000 DKK

per employee a year in lost earnings

Per year Denmark has

**22 million sick
days**

Sick days each year cost the Danish employers

33 billion DKK

Employer benefits

There are many benefits of using sit-stand desks – both for employers, but also for their employees.

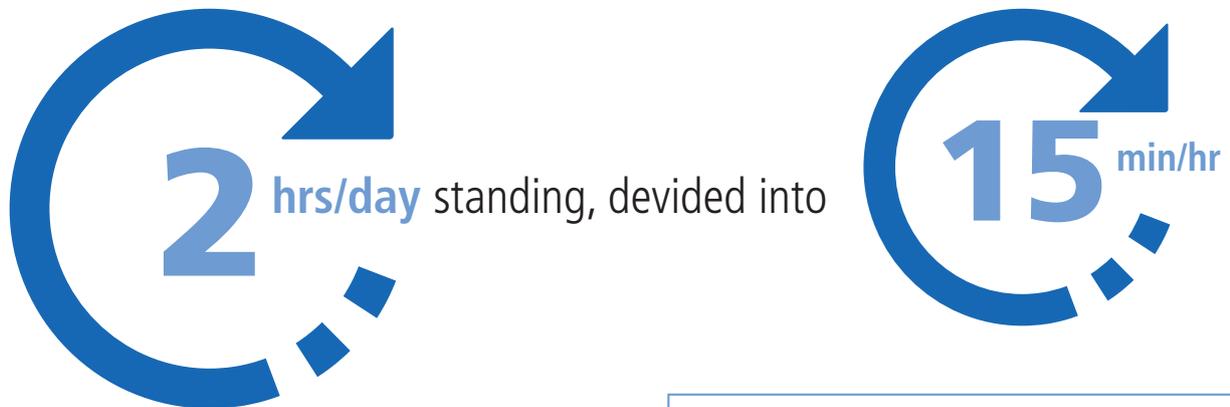
- Reduce sick days
- Increase productivity
- Improve quality and efficiency of work
- Increase collaboration among employee groups
- Improve focus and reduce stress



Variation is key

Several studies show that it is a good idea to split up the sitting time at the office to reduce the negative consequences.

We recommend you to stand for about 2 hours during an 8-hour work day. The most important thing is variation. It is therefore better to stand up many times during the day than to stand for very long periods only.



Do you feel challenged?

Do not worry if you are not used to standing and 15 minutes seem like a long time. Start by standing 5 minutes at a time and gradually increase the time until you reach 15 minutes an hour as your body gets used to standing.



Sit-stand desks improved the well-being and reduced the number of sick days

A study of a global company of some 6,000 staff, offered all employees sit-stand desks. After just three months, **65%** reported that their well-being had improved by using the adjustable office desk. After six years, the number had risen to

70%. In the same period the organisation noticed a **significant decrease in the number of sick days**.



Return on investment

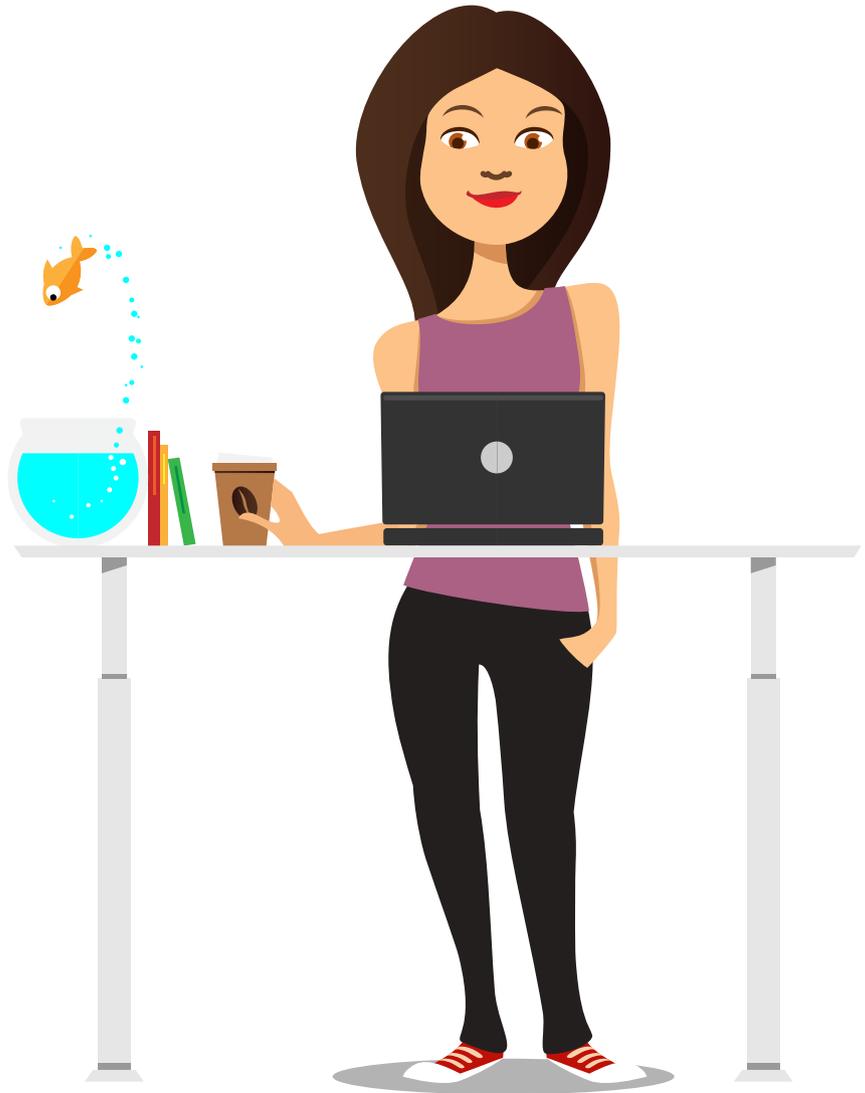
According to James Levine, Director of Obesity Solutions for the Mayo Clinic and the Arizona State University, the ROI is typically equivalent to:

20-50 DKK for every 7 DKK invested

in workplace interventions, helping people to be more active on the job.

Sit-stand desks improve efficiency

- Users of sit-stand workstations claim to be more alert, task-driven and positive
- Research shows a direct link between healthy employees and improved performance
- Standing meetings are kept short and efficient
- Standing up improves posture and reduces the risk of back pain
- Movement boosts energy levels, especially in the afternoons



Tips to stand more



Raise the desk every time you leave it

No matter if you are getting coffee, going to the printer, using the bathroom or having lunch. Then the desk is raised when you come back, and you automatically start out by standing up.



Get reminders to stand up

Find a method or software that is right for you. Set an alarm on your phone, use a stopwatch or find an app.



Talk to your colleague instead of sending an email

Walk the steps to your colleague instead of sending an email. Maybe you are even lucky enough to have your colleague raise the desk so you can talk at eye level.



Stand up at meetings

Try to have a shorter meeting standing up. At longer meetings you can easily stand up at the back of the room – it even gives an energy boost.

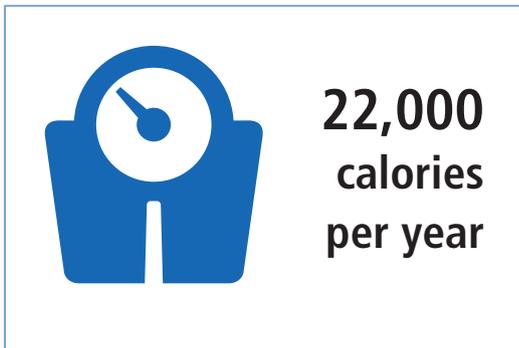


Take a walk during the lunch break

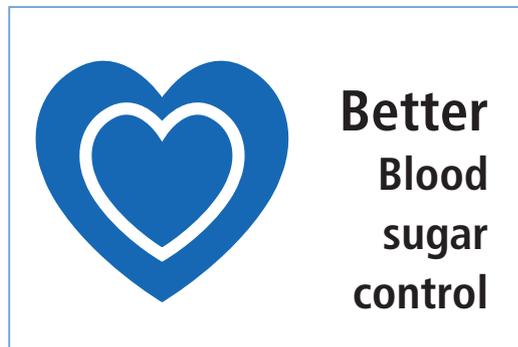
Can you eat your lunch a bit faster? Then you have extra time left to take a walk in the neighbourhood. Get your colleagues on board and go for a walk to get your heart rate up and give you fresh air. It provides renewed energy for coping with the afternoon behind the screen.

Stand up and get healthier

When you switch between sitting and standing during the workday, you automatically move more. This also means that you burn more calories. Research has shown that when office workers stand and work, they burn 50 calories more per hour. If you stand two hours a day, it equals:



As an extra bonus you get:



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