MOVE
Why sit-stand desks increase work performance
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 their 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 about how sit-stand desks add value to the modern office environment, why they are an attractive investment and create ROI for employers and why it is so important for us to stay physically active throughout our day.

Stand up and enjoy the reading.
The office environment is changing

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, 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.
No movement for office workers?

For the average person sleeping eight hours a day, the remaining 16 hours are typically spent on domestic and work-related actions. This example of an office worker’s day flow shows how little time there is typically allocated for physical movement. Even if 30 minutes physical exercise were added to the daily routine, this person would still be overall inactive, making him/her an "active couch potato" rather than an active person.

24 hours in a sitting mode

This figure illustrates the daily routine of an average office worker, highlighting how little physical activity is obtained throughout the day.
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
“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
Sick days - a costly affair

Physical inactive behaviour affects the individual office worker - and it hurts the bottom line of employers. The human factor is a costly affair as UK statistics show.

An average firm of 250 employees looses £4,800 per week

270,000 employees take time off work

Due to sickness absence 8,200,000 work days per year are lost in the UK due to mental health and stress-related problems

Absenteeism in the workplace can fall by as much as 42% through wellness programs at work. Height-adjustable desks are a natural part of this.

4,900,000 days in the UK are lost to employee absenteeism through work-related back pain at a cost £5,000,000,000,000 p.a.
Employer benefits

There are many benefits of using sit-stand desks for employers and their employees.

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

How do sit-stand desks create value for both employers and their employees? Watch the series: LINAK.COM/segments/deskline/tech-and-trends/work-life-balance/
Introducing sit-stand desks improved well-being and resulted in less 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 between

**3 - 7 US-dollars for 1 dollar invested**

in workplace interventions, helping people be more active on the job.
Every movement counts

Several studies show that breaking up sedentary time will help minimise its negative health effects. Sit-stand desks bring movement to the office. It's all about movement, so for every 30 minutes, stand for eight minutes and move/stretch for two minutes.

For 7.5 hours day gives a total of:
- 5 hours/sitting
- 2 hours of standing
- 0.5 hours of moving
- 16 sit-to-stand transitions
Sit-stand desks improve productivity

- 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
- Meetings are kept short and efficient
- Better postures reduce the risk of back pain
- Movement boosts energy levels, especially in the afternoons
Case study: Reminders work

The German ‘Institut für Gesundheit und Ergonomie’ (IGR) conducted a case study of 40 employees. The study found that desk-integrated reminder tools by LINAK could motivate office workers to use their sit-stand desk more.

End-users are motivated to stand more when using LINAK reminder tools.

- **74 %** increased their sit-stand use
- **78 %** rated their desk usability as good

Watch the video about the case study on reminders here: LINAK.COM/reminders-work
How to get motivated to stand up?

Despite good intentions, we forget to move during the day. Some of us are not even aware of what prolonged sitting does to our body. Reminders help us stay motivated to move throughout the day.

Reminders work
An independent study founded by LINAK®, tested if reminders would help motivate the average office worker to remove of his or her sit-stand desks more. The study found that:

- Non-users increased their standing time by +12 minutes per day
- Light users increased their standing time by +43 minutes per day

Learn more about
How and why reminders motivate office workers to stand up. Visit LINAK.COM/reminders-work
Desks designed to shape behaviour

Despite the best intentions, many office workers simply forget to use their sit-stand desk during their office day. It is a question of forming a new healthy habit. To help users to get the most out of their sit-stand desk, LINAK® puts a special focus on designing user-friendly and motivating desk panels.
Awarded the Red Dot Design Award
For its intuitive design, the LINAK® Desk Panel DPG1C received the prestigious Red Dot Design Award 2018.

Designed to shape behaviour

The Desk Panel DPG series was designed for intuitive handling without the use of buttons. Advanced models include motivating reminder functions via an integrated LED diode / light strip, a memory position function for the user’s favourite desk heights, and app connectivity via integrated Bluetooth® wireless technology.

Connect to app with motivating features
Desk Panel DPGs with Bluetooth® can be connected to the Desk Control App (free). It includes a reminder function, sending motivational notifications to the user. Users can follow their sit-stand improvement by using the statistics function in the app.

Ready for Android and iOS devices.
Stand-up guide for office workers

Learn how to use your electric sit-stand desk and explore the digital features it offers when equipped with one of the Desk Panel DPG models.

Easy to go end-user focus
All Desk Panel DPG models are equipped with a peel-off label promoting the LINAK.COM/deskstart website. It leads to a comprehensive user manual including instructional videos and offers other inspirational content for an active office day.

Visit LINAK.COM/deskstart
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http://www.getbritainstanding.org/sitting-cost.php

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/KL.7 (2017). Making office workers healthier: A public health intervention making office workers use their height-adjustable office desk more, conducted for LINAK. Published by LINAK
Global presence

LINAK® has a well-developed sales and service organisation in Europe, the Americas, Asia and Australia. Therefore, we can assist you and your customers locally, under the global sales concept idea: Be global, act local.

For further information about the DESKLINE® product programme:

LINAK.COM/DESKLINE

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