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OCTOBER 2017

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VARIDESK STANDING DESK A SMART WELLNESS SOLUTION

By Merilee Kern

The pitfalls of sitting too much have been well-proven, with the gravely serious risks ranging from medical conditions like diabetes, heart disease and obesity to increased mortality rates. Prolonged sedentary time is also associated with a host of other adverse issues, including weight gain, neck and back pain and even anxiety. It's no wonder that standing desks have become an increasingly popular way to combat these concerns.

Even beyond mitigating actual health problems that can manifest from too much seat time, yet more research reveals that standing desks can



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give workers—and companies at large—an advantage by boosting productivity. In fact, one recent study by Texas A&M University's Health Science Center School of Public Health found that stand-capable workstations did substantially

improve worker productivity. Over the study's six-month period, average worker productivity increased a full 46% over those with traditional, seated desk configurations.

Given my penchant for physical



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fitness and maximized output during office hours, coupled with my own fair share of chronic back pain, I jumped at the chance to test out the “Pro Plus 36” standing desk from VARIDESK, which makes various active office products all designed to counter the sedentary lifestyle. I found this model of particular interest since its 36” width can accommodate dual-monitor setups or larger workspace needs thanks to a two-tiered design. The upper surface holds one or two displays, while a separate lower keyboard/mouse deck provides ample room for tech basics and accessories.

When my package arrived, I was thrilled to see that the unit came out of the box fully assembled, ready to be placed right on top of my existing desk. The engineering also proved to be marvelous, with the company’s patented, spring-assisted lift mechanism allowing the device to be easily and smoothly raised and lowered in mere seconds to the desired height amid the 11 settings that are available. Also notable is that you don’t need to move or rearrange any devices or components when raising or lowering the VARIDESK. It all just moves with the system. Impressively



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sturdy, this apparatus can stably hold up to 35 pounds even when extended to its full height.

Within minutes my workspace was transformed, giving me the freedom to work either standing or sitting—and to alternate between these two options with abandon. While working while standing can admittedly take some getting used to, the allure of increased energy, focus and proficiency; more calories burned; fewer body aches and pains and even a longer life span make this standing desk innovation one well worth the nominal \$395 investment.

In all, VARIDESK is a sound all-in-one way to work smarter, be healthier and perform at peak levels.

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