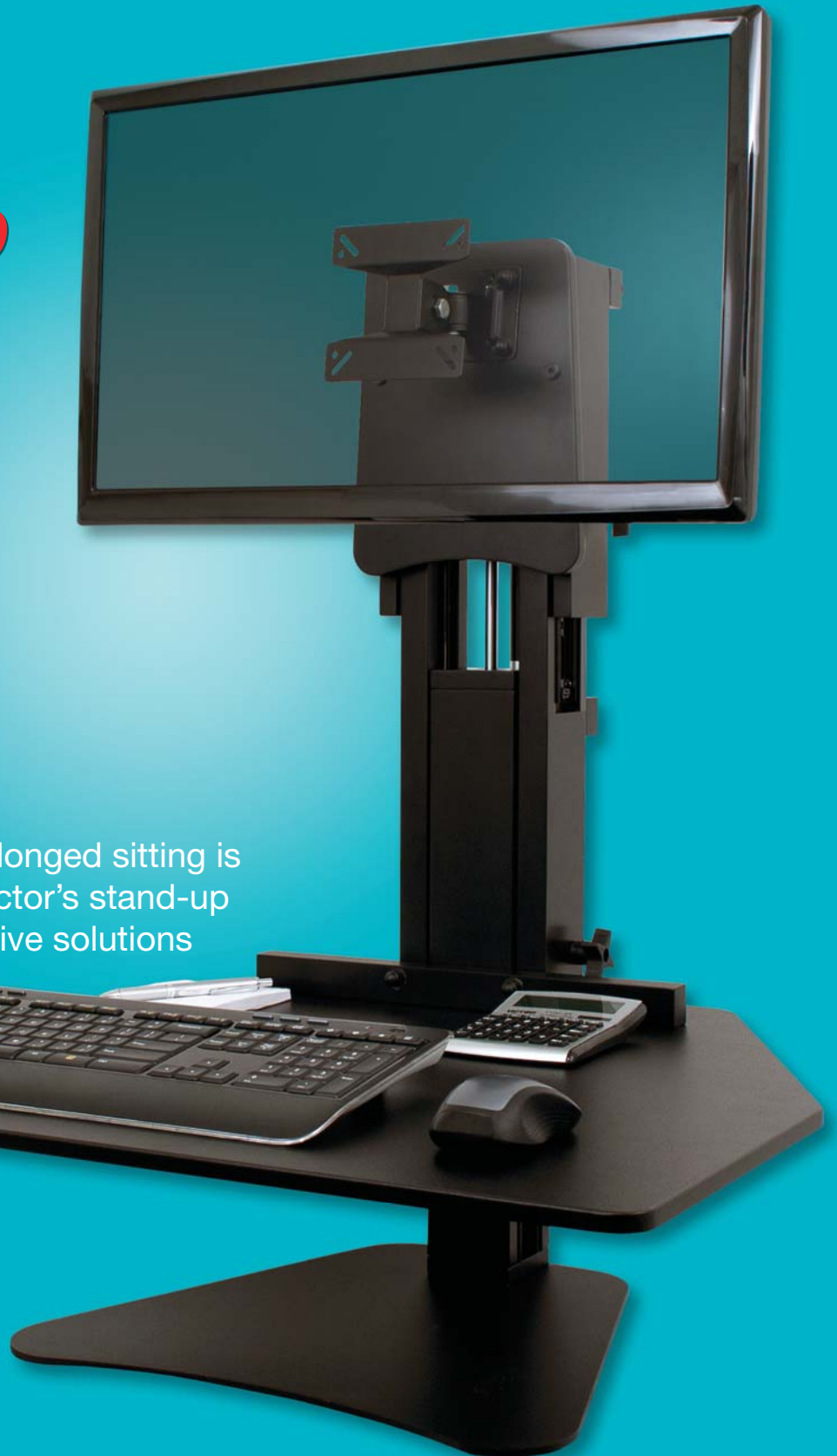


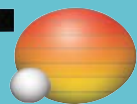
VICTOR[®] High Rise[™] Collection

Stand-Up
For
Yourself

Studies have proven that prolonged sitting is detrimental to your health. Victor's stand-up desk converters offer innovative solutions to this problem.



INSIDE:
TOP 10 Reasons
You Should Stand
At Work!



TOP 10 Reasons You Should STAND At Work!

Research shows that sitting for prolonged periods of time is detrimental to your health!



- 1. Add 2 Years To Your Life**
Research indicates that sitting more than 3 hours a day cuts your life expectancy by 2 years. Sedentary behavior (referred to as **Sitting Disease**) is in the same category as smoking and obesity.
Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center
- 2. Burn 42 More Calories PER HOUR**
A UK study found the average calories burned while sitting was 2.6 cals per minute compared to 3.3 cals per minute while standing.
Dr. John Buckley - University of Chester
- 3. Reduce Your Risk Of Dying Of A Heart Attack By 46%**
Multiple studies have shown that people who sit for most of the day are 54% more likely to die of a heart attack, no matter how much you exercise or how well you eat.
Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center
- 4. Lower Your Risk Of Cancer**
Studies have linked sitting to a greater risk for colon, breast and endometrial cancers due to increased insulin production from idle muscles.
Charles E. Matthews - National Cancer Institute Investigator
- 5. Reduce Your Back and Neck Pain**
People who sit more are at greater risk for herniated lumbar disks, as well as strained cervical vertebrae in the neck leading to permanent imbalances.
Jay Dicharry - Director of the REP Biomechanics Lab in Bend Oregon
- 6. Get 18% More Work Done**
A study found that an employer who provided employees with good ergonomic furniture and training in how to use it realized about \$367 per day more income per employee (a 17.8 % productivity gain) than did a control group.
Tom Albin - Office Ergonomics Research Committee, Inc
- 7. Be A Better Co-Worker**
The average American spends 55% of waking time in sedentary behaviors. People who stand have a smaller barrier to engage with others in the workplace, thus improving their social and professional relationships.
2008 Vanderbilt University study published in the American Journal of Epidemiology
- 8. Sleep Better**
Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. This can ultimately cause restlessness and lead to loss of sleep.
James Levine - Director of Obesity Solutions at Mayo Clinic
- 9. Lower Healthcare Costs**
A HealthPartners study saw overall health increase with its participants who stood at work, leading to lower projected health care costs in the long run of a business.
JourneyWell - a HealthPartners wellness solution
- 10. Feel Healthier At The End Of The Day**
According to a 2011 study, 75% of people felt healthier overall after standing at work.
2011 HealthPartners Study



DC350

High Rise Dual Monitor Sit-Stand Desk Converter

- Transforms any sit down desk into a sit OR stand desk
- Allows for two monitors with a maximum width of 22" each (24" diagonal).
- Gas strut design allows easy custom height adjustment of both desk and monitor
- Work surface lowers to become flush with desktop level
- Sleek wood construction and a durable laminate coating
- Extra-large work surface for accessories
- Heavy steel base prevents tipping
- No clamp, damage free design

\$345.00

*Patent Pending

23"L X 28"W
0" to 15.5" Variable Height