

Kids are meant to move!



## A body in motion stays in motion ~ Isaac Newton

# How do we keep our students in motion?



#### Problem

Today's sedentary lifestyles are affecting our youth and their classroom performance. Compound this with pressures to sacrifice physical education time for more classroom time for the core subjects.

#### Challenge

How do we increase in-class physical activity to help our students' overall health and performance?

#### Introducing: the LearnFit<sup>™</sup> Adjustable Standing Desk

Transform classrooms into active learning environments with on-demand heightadjustable student desks.

#### Studies show that introducing low-level physical activity

#### into the classroom has a positive impact on

student health, classroom engagement and academic performance.

### HEALTH BENEFITS

#### INCREASE HEART RATE <sup>1</sup>

Oxygen is essential for brain function, and enhanced blood flow increases the amount of oxygen transported to the brain.

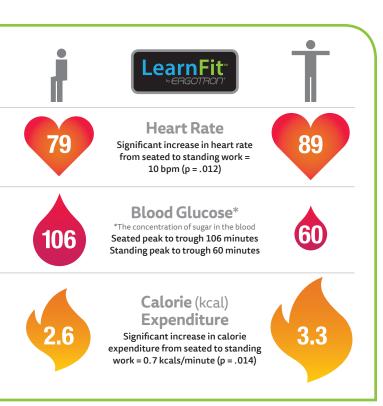
#### MAINTAIN INSULIN EFFECTIVENESS<sup>1</sup>

The low-level physical activity of standing requires many unconscious muscle contractions, which stimulates insulin signaling, resulting in more effective insulin function and overall more healthy long-term blood/glucose levels. <sup>3</sup>

#### BURN MORE CALORIES<sup>1</sup>

Studies show that standing throughout the day instead of just sitting can burn 40 extra calories per hour.

Subjects in the 85th percentile in weight for their age and gender who used the standing desks experienced a 32% increase in calorie expenditure compared with those in the control group.  $^{\rm 2}$ 





#### **CLASSROOM ENGAGEMENT**

Maintaining low-level physical activity – such as standing in the classroom – not only has positive health effects, but also results in greater student focus and attention. Increased blood circulation and oxygenation leads to alert and engaged students. "Standing actually improved attention, on-task behavior, alertness and classroom engagement."<sup>2</sup>

#### ACADEMIC PERFORMANCE

Greater focus and engagement during everyday class time builds preparedness, combined with greater alertness during test time helps lead to greater academic performance. Sustained healthy metabolism leads to greater everyday classroom focus, which has a positive effect on test scores. "Children who are more active performed better on standardized tests, and showed greater attention and faster thinking skills than did children who are less active." <sup>4</sup>

- Encourages healthy student behavior that leads to physical and academic improvements
- Each student instantly and intuitively personalizes the desk to his or her preferred height using the hand lever
- No need for school staff to make adjustments before, during or after school hours
- One size fits all height adjustment range is designed for students ages 9 through adult
- Mobile casters easily roll the LearnFit desks to quickly reconfigure classrooms for small group collaborative breakouts, and easily return to full classroom configuration when done; the casters lock as well
- Rugged and proven design includes exclusive patented Ergotron lift technology
- Optional storage basket holds class supplies







### Empowering smart learning

#### **About Ergotron**

At the intersection of you and technology, Ergotron empowers smart learning with mobile device charging systems, height-adjustable student desks and AV mounts. Active designs that fit into the natural flow of students and staff. Charging systems store and secure mobile learning devices of today and tomorrow, while LearnFit height-adjustable student desks help students perform and express themselves academically.



	LearnFit Adjustable Standing Desk	
Part # (color)	24-481-003 (white/silver)	24-458-200 (black)
Weight Capacity	$\leq$ 15 lbs (7 kg)	$\leq$ 15 lbs (7 kg)
Lift	15" (38,1 cm)	19.6" (50 cm)
Lift Mechanism	PrecisonHeight™ Technology	CF™ Technology
Worksurface Height	33.5-48.5" (85-123 cm)	31.8-51.4" (81-131 cm)
Worksurface Dimensions	24"W x 22"D (61 x 56 cm)	24"W X 23"D (61 X 58 cm)
Base Footprint	24"W X 22"D (61 x 56 cm)	21.9" x 21.3" (56 x 54 cm)
Shipping Dimensions	30" x 26" x 14" (75 x 66 x 35 cm)	36.5" x 32.25" x 28.25" (93 x 82 x 72 cm)
Shipping Weight	40 lbs (20 kg)	78 lbs (35 kg)
Warranty	10 years	5 years

Storage Bin 97-926-064

Hand brake



Locking casters

Classroom Stool 97-859



- 2
- University of Chester BBC Study, Cardiovascular and metabolic markers among office workers when standing vs. sitting, Dr. John Buckely et. al., 2013 The Impact of Stand-Biased Desks in Classrooms on Calorie Expenditure in Children, Benden, Blake, Wendel, Huber, published in American Journal of Public Health, August 2011
- Minimal Intensity Physical Activity (Standing & Walking) of Longer Duration Improves Insulation Action and Plasma Lipids More than Shorter Periods of Moderate to Vigorous Exercise (Cycling) in Sedentary Subjects When Energy Expenditure is Comparable, Duvivierkr, Schaper, Bremers, van Crombrugge, Menheere, Kars, Savelberg, Maastricht University, Department of Internal Medicine, Maastricht University Maastricht Centre, Maastricht, the Netherlands 3
- 4 Educating the Student Body: Taking Physical Activity and Physical Education to School, The Institute of Medicine of the National Academies

For more information, or to read these studies yourself, visit www.JustStand.org

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info.eu@ergotron.com

www.ergotron.com

sales@ergotron.com

Americas Sales and **Corporate Headquarters EMEA Sales** APAC Sales St. Paul. MN USA Amersfoort The Netherlands Tokyo Japan (800) 888-8458 +31 33 45 45 600 www.ergotron.com +1-651-681-7600 apaccustomerservice@ergotron.com www.ergotron.com

Worldwide OEM Sales www.ergotron.com info.oem@ergotron.com











