TAKING A STAND AGAINST SITTING
WHY STANDING IS THE SOLUTION

SITTING HAS BEEN THE LEADING MODEL FOR LEARNING IN SCHOOLS FOR DECADES. EDUCATIONAL AND SCIENTIFIC COMMUNITIES BELIEVED THAT THINKING AND MOVEMENT WERE SEPARATE ENTITIES. NOW WE ARE DISCOVERING JUST HOW CONNECTED STANDING, MOVEMENT AND THINKING ARE.

STANDING VS. SITTING

In a University of Minnesota study on standing desks (using the AlphaBetter® Desk), researchers found that by using a standing desk, caloric expenditure increased significantly, and it may be a great way to increase physical activity in children.


350 CALORIES BURNED BY STANDING & FIDGETING PER DAY.

(UP TO) 30 LBS. OVER 1 YEAR, 350 CALORIES/DAY ADDS UP TO 30 LBS.

WHY AREN’T KIDS MOVING ENOUGH?

THE LOSS OF PHYSICAL EDUCATION & INCREASE IN SEDENTARY ACTIVITIES

<table>
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<th>4% Elementary Schools</th>
<th>8% Middle Schools</th>
<th>2% High Schools</th>
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<td>PROVIDE DAILY PHYSICAL EDUCATION</td>
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U.S. Department of Health and Human Services

2010 survey by Kaiser Family Foundation – Generation M2: Media in the Lives of 8-18 Year Olds

sitting eating breakfast + sitting riding to school + sitting while at school + sitting eating lunch + sitting doing homework + sitting eating dinner + sitting working on computer

PHYSICAL ACTIVITY AND LEARNING ARE CONNECTED

Standing desks create the foundation for a movement-rich environment, and as one research put it, physical activity is cognitive candy.

MORE ENGAGED TEST SCORES IMPROVE GREATER CREATIVITY CLASSROOM BEHAVIOR IMPROVES

Dr. Mark Benden - Texas A&M

ALPHABETTER® DESK

Allows students to stand, move and fidget

Facilitates focus and burns more calories

Empowers students to live healthier

Creates an active classroom environment