Mayline – Safco’s Active Collection pushes the limits of modern furniture by challenging the assumption that sitting behind a desk all day is the only way to work. Your body was built to move and we think it’s time your workspace did the same. By providing you the tools to make healthy happen, we allow everyone to become more active during their day. When you aren’t confined to traditional ways of working, you create small changes that add up to make a big impact on your work and life. By building a movement rich environment, you can make a dynamic workspace where you can continually be active, focused and more productive.

**ACTIVE COLLECTION**
Collection of active working products designed to keep workers moving and engaged by creating small changes that add up to make a big impact on work and life.

An Active Workspace is...

**ergonomic**
Your workspace should work with your body, not against it. That’s why we designed our products with proper posture in mind, keeping you sitting and standing-up straight so you can achieve posture perfection.

**dynamic**
Your workday isn’t static, so why shouldn’t the space you work in also change? We have the tools to get you standing, leaning or actively sitting throughout your day.

**focused**
When your body moves it also engages the mind. By continuously moving throughout the day you can keep your laser-like focus, because you never know when a monthly report or viral video will need your full attention.

**in motion**
Sitting still is no longer allowed. Our products are built to get your body in motion and – even more importantly – stay in motion.

**healthy**
Make healthy happen by choosing products that encourage a healthier you. The more you move, the better you’ll feel.
WHY IS MOVEMENT SO IMPORTANT?

As studies and news outlets continue to report the importance of movement throughout the workday, Safco is focused on providing solutions to keep user’s bodies actively engaged while keeping in mind how and where users work. Standing, sit-to-stand and active sitting can help to engage muscles through small movements such as bouncing, shifting positions and fidgeting. The products also help you maintain posture control for a more ergonomic way to work.

THE AVERAGE ADULT SPENDS MUCH OF THEIR WAKING TIME SITTING.**

HERE’S HOW THE TIME CAN ADD UP:

15 HOURS TOTAL SITTING TIME

WAYS TO ACTIVATE YOUR DAY

* "Examining the Long-term Use of Sit-stand Desks in a Professional Office Setting”, Dr. Lucas Carr: American Journal of Preventive Medicine
POTENTIAL RISKS DUE TO PROLONGED SITTING

Prolonged sitting may also increase the risk of some health conditions. This has created the need for Active Working solutions to help support the well-being of employees.

STRAINED NECK
SORE BACK + SHOULDERS
LOWER BACK PAIN
TIGHT HIP FLEXORS
POOR LEG CIRCULATION

“TODAY THE AMA ADOPTED POLICY RECOGNIZING... PROLONGED SITTING, PARTICULARLY IN WORK SETTINGS, CAN CAUSE HEALTH PROBLEMS AND OFFERING EMPLOYEES ALTERNATIVES TO SITTING ALL DAY WILL HELP CREATE A HEALTHIER WORKFORCE.”

June 18, 2013, Policy H-440.843 Health Risks of Sitting
PERCHING POSTURE: THE BENEFITS OF STANDING WITH THE COMFORT OF SITTING

It’s the third posture, or the act of being upright. And the Active Collection is bringing the upright revolution to an office desk near you. So what is this posture? Simply put, it is leaning or perching. It helps to reduce the fatigue of standing while being more active and engaging than sitting. It helps encourage a 135 degree hip angle that is close to the body’s neutral position, a position that is more natural to the body and puts less stress on it when compared to standing. This form of seating may also help to increase engagement with major muscle groups and reduce the fatigue of standing at a desk.* Perching is another option to help promote posture perfection and wellness while you work.

Astronauts bodies naturally take a neutral posture when weightless. Perching seats provide a similar posture.

* Cornell University. “Sitting and chair design.” Cornell University Ergonomics Web.
PERCHING

- Stand Alone Stool 5126
- Twixt® Active Seating Chair, Extended-Height 3001BL
- Focal™ Locus™ Seat FLT-1000-BK-CT
- Focal™ Mobis® Seat FFS-1000-BK
- Focal™ Mobis® II Seat FFS-2000-BK
- Focal™ Pivot Seat FWS-1000-BK
- Focal™ Mogo Seat FKS-1000-RD
- Focal™ Mobis® II Seat FFS-2000-BK
- Focal™ Mobis® Seat FFS-1000-BK
- Focal™ Locus™ Seat FLT-1000-BK-CT
- S - Stand Alone Stool 5126
STANDING AROUND JUST BECAME PRODUCTIVE

Take a break from office ordinary by standing up to sitting down. Standing and adjustable-height desks are great alternatives to sitting all day and help encourage more movement than simply being seated at your desk all day. Studies are consistently showing the benefits of standing including the possibility of burning extra calories as compared to sitting. We don’t take standing up lightly. We offer a variety of standing desk options to complement any workspace look and your comfort level for standing. Adjustable-height desks allow for an easy transition from sitting to standing, while fixed-height desks can be used with an extended-height chair or leaning seat for a quick rest. Go ahead, read it again, yes we did say chair. Why? Because standing all day is uncomfortable and also takes a toll on the body. We recommend a blend of sitting, standing and leaning/perching for a full day of workplace productivity.

Ergonomists agree, saying it is important to strike a balance between sitting, standing and movement throughout the day.

*FOR EVERY 30 MINUTE PERIOD, ERGONOMISTS RECOMMEND:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting/Leaning/Perching</td>
<td>20 min</td>
</tr>
<tr>
<td>Standing</td>
<td>8 min</td>
</tr>
<tr>
<td>Movement</td>
<td>2 min</td>
</tr>
</tbody>
</table>

STANDING MATH

(You need to burn about 3,000 calories to lose a pound of fat)

Heart Rate = on average 10 beats per minute higher

Equals a difference of .7 of a calorie per minute

That’s up to about 50 calories/hour

If you stand for 3 hours a day for 5 days, it’s around 750 calories

Over the course of a year, that adds to about 30,000 extra calories = potentially 10 lbs. a year!

*Results may vary and dependent on multiple factors

SIT-TO-STAND/STANDING DESKS

- Safco® Electric Height-Adjustable Table
  1892CY & 1909BL

- Electric Height-Adjustable Teaming Table
  2544CYBL

- Focal™ Confluence Table 6
  FCT-7S-A-S-BK

- Spark™ Teaming Table
  2222

- Focal™ Collision Table
  2251SL & 2252WH

- ML Series
  5322448H

- XR Series
  505WL

- RGE
  8022448EH

- E Series
  650S

- LT
  655LTW
SIT-TO-STAND/STANDING DESKS

- **AlphaBetter® Adjustable-Height Desk**
  1201BE, 1202BE, 1203GR, 1204GR, 1205BE, 1207BE, 1208GR, 1209GR

- **Xpressions™ Desk**
  1941TG

- **Elevate™ Standing-Height Desk**
  1957BH

- **Elevate™ Bi-Level Desk**
  1956WL

- **Focal™ Locus™ Desk**
  FSD-1000-BK

- **Focal™ Sphere Standing Desk**
  LET-1000-WA

- **Verve™ Standing Desk**
  1959WH

- **Brio™ Standing Desk**
  1964WH
WAYS TO EASE INTO STANDING

1. Our bodies are used to sitting for the majority of the day so ease into sitting. Try standing for 10 to 20 minutes at a time and build up to no more than four hours during your workday. Forgetting to stand up? Set a calendar alarm or download an app for a reminder.

2. Take the proper posture while standing. Standing incorrectly can lead to the user being uncomfortable and possibly straining.

3. Move. Continually change postures by rotating between standing, sitting and moving around your workspace.

4. Value size. Add products such as Onyx™ Hanging Organizers, Safco® Movable Anti-Fatigue Mat or an Active Collection footrest to complement your standing desk. These products will help keep you comfortable and your projects within easy reach.
ACTIVE SEATING
SITTING PRETTY

We know, active sitting kind of sounds like an oxymoron, but we assure you it’s not. Normal task and guest seating provide little to no movement possibilities while seated (360° spin anyone?). Our Active Collection line of active seats allow you to bounce, twist, turn and helps to keep a better posture, all of which help to engage core muscles while you keep sitting pretty. These small movements may not seem like much, but added up over time they can make a large impact. This movement can also help increase productivity by keeping both the body and mind engaged. So not only are these chairs office efficient, but their small movements are creating a healthier way to work.

Zenergy™ Ball Chair
4750GS, 4751BV

Zenergy™ Swivel Ball Chair
4760BL

Runtz™ Ball Chair
4755PI, 4756BV

Twixt® Active Seating Chair, Desk-Height
3000OR

Focal™ Fidget Active Seating
2272BL

Focal™ Twister Active Seating
2276BL
DID YOU KNOW...

49% of Americans report having gained weight since starting their current job*

13% of Americans report gaining more than 20 pounds*

Standing and/or fidgeting can help burn additional calories adding up to 10 OR MORE LBS./YEAR**

---
