ALPHABETTER® STAND-UP DESK
TAKING TODAY’S CLASSROOMS TO NEW HEIGHTS.
**WHY STAND-UP?**

Studies conducted by the National Education Association show that the brain operates best when the body is attentive and engaged. This may lead to better student performance when physical activity and ergonomics are introduced into the classroom. Active learning is better learning, and featuring ergonomically sound furniture in the classroom is essential, especially today with all of the added time students spend in sedentary positions.

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**WHY AREN'T KIDS MOVING ENOUGH?**

<table>
<thead>
<tr>
<th>LOSS OF PHYSICAL EDUCATION IN SCHOOLS</th>
<th>&amp;</th>
<th>INCREASE IN SEDENTARY ACTIVITIES AT HOME</th>
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</thead>
<tbody>
<tr>
<td>4% Elementary Schools</td>
<td>&amp;</td>
<td>7.5 HOURS/DAY IN FRONT OF A SCREEN</td>
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<tr>
<td>8% Middle Schools</td>
<td>&amp;</td>
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<tr>
<td>2% High Schools</td>
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Provide daily physical education

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**A DAY IN THE LIFE OF THE AVERAGE STUDENT**

- Sitting eating breakfast
- Sitting riding to school
- Sitting while at school
- Sitting eating lunch
- Sitting doing homework
- Sitting eating dinner
- Sitting working on computer
FALLING ASLEEP IN HISTORY CLASS IS HISTORY

“We found that by using a standing desk, caloric expenditure increased significantly. Using a standing desk may be a great way to increase physical activity in children.”


WHY STANDING IS THE SOLUTION:

*HEALTHY-WEIGHT KIDS BURN BETWEEN 15-25% MORE CALORIES AT STANDING DESKS THAN AT SITTING DESK

*OBESE KIDS BURN BETWEEN 25-35% MORE CALORIES AT STANDING DESKS THAN AT SITTING DESK

*Standing may help prevent orthopedic degradation & dysfunction including back and neck pain, repetitive stress injuries, pelvic floor dysfunction and knee & hip disorders.

Teachers may also see ergonomic benefits because they do not need to bend at the waist to work with their students.

Patented Swinging Pendulum™ Footrest (Fidget) Bar enables students to not only shift positions, but fidget by swinging the bar. These fidgets can help engage the mind and help them focus, while also providing an outlet for excess energy.

*Dr. James Levine of the Mayo Clinic, and author of “Get Up! Why Your Chair is Killing You and What You Can Do About it
PHYSICAL ACTIVITY AND LEARNING ARE CONNECTED

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

Dr. Mark Benden - Texas A&M

POSITIVE EFFECTS OF STANDING DESK CLASSROOMS INCLUDE:

- GREATER STUDENT ENGAGEMENT
- IMPROVED TEST SCORES
- GREATER CREATIVITY
- IMPROVEMENT IN CLASSROOM BEHAVIOR

“The desk gives students the opportunity to move, be more focused and comfortable. When you achieve this, you automatically have students learning more.”

- Dr. Robert Weaver, Weaver Center, Wayland MA

ALPHABETTER®: THE ANSWER TO YOUR CLASSROOM NEEDS

In conventional classrooms, all teachers can do to aid their students is to ask them to “sit up straight and pay attention.” With the AlphaBetter® Desk, students have the option to sit, stand or alternate between the two, as well as the opportunity to use the swinging footrest/fidget bar to redirect fidgeting behavior, and expend energy.

In AlphaBetter classrooms, students receive the postural support they need to focus on instruction so teachers can teach with fewer interruptions.
FOR MANY STUDENTS, EVERYDAY CLASSROOM LIFE INVOLVES TRYING TO SIT STILL, WHICH DISRUPTS LEARNING. WITH THE ALPHABETTER® DESK, STUDENTS ARE ABLE TO STAND UP DURING THE SCHOOL DAY AND MOVE WITHOUT BEING A DISTRACTION TO THEIR CLASSMATES OR TEACHERS, WHILE POTENTIALLY IMPROVING THEIR CONCENTRATION.

FEEL EMPOWERED WITH THE CHOICE TO SIT OR STAND

FLEXIBILITY

PERFECT FOR GRADES 3 - 12 WITH ADJUSTABLE HEIGHT FEATURES

LARGE DURABLE WORK SURFACE FOR GROUP OR INDIVIDUAL WORK

STAND-UP DESKS ADJUST TO FIT HEIGHT OF STUDENTS WHILE SITTING OR STANDING
ALPHABETTER® FEATURES

Giving students the chance to move while they work on projects, papers and test-taking has many advantages. Studies have shown that moving may help increase academic abilities and facilitate learning, and that fidgeting may help burn calories. The AlphaBetter® patented Swinging Pendulum™ Footrest (fidget bar) can enable students to keep moving while redirecting fidgeting behavior, expending energy and staying focused on classroom activities.

DESKTOP
Large, durable work surface is great for group or individual work. The desktops are available in two sizes to fit any classroom needs, and comes with the choice of a Standard or Premium top. Both tops are extremely durable, and impact and chemical resistant.

DRY ERASE DESKTOP
Optional Dry erase top for students to work on projects or solve problems.

BOOK BOX (OPTIONAL)
Add the extra deep Book Box for students to store their school supplies or personal items.

PENCIL GROOVE
Keep pencils and pens from rolling away with the Tri-Perimeter Pencil Groove.

BOOK SHELF
Keep school supplies and personal items within easy reach.

ADJUSTABLE-HEIGHT
Teachers and other adults can easily adjust the height in 1¼” increments to fit the heights of students in grades 3 - 12, and for various heights within a classroom. It can also move with students as they grow.

GLIDES
Metal swivel glides make the desk and stool easy to move across carpeted and smooth surfaces to easily reconfigure the classroom.

FOOTREST BAR (FIDGET BAR)
The patented Swinging Pendulum™ Footrest Bar (fidget bar) is noise-free, encouraging students to fidget without distracting others. The bar easily flips up for cleaning clearance. It can also be used with the AlphaBetter® Stool.

CASTERS
Casters available to allow easy reconfiguration of desks to fit any lesson plan.
- Carpet Casters: 4 locking hard nylon casters
- Hard Floor Casters: 4 locking soft polyurethane casters

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CASTERS
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- Carpet Casters: 4 locking hard nylon casters
- Hard Floor Casters: 4 locking soft polyurethane casters
WIDE BASE
The specially designed wide-angle base of the stool is virtually tip-resistant, even for the most avid learners.

STOOL TOP
Tops available in Black or Beige. Top is MDF with laminate. Heat, moisture and impact resistant.

GLIDES
Metal swivel glides make the desk and stool easy to move across carpeted and smooth surfaces to easily reconfigure the classroom.

ADJUSTABLE-HEIGHT STOOL
The AlphaBetter® Stool is the perfect substitute for standing. The stools adjust in 1\(\frac{1}{4}\)" increments just like its companion, the AlphaBetter Desk. The AlphaBetter® Stool allows students to sit and still use the patented Swinging Pendulum™ Footrest Bar (fidget bar).

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:

- 20 MINUTES OF SITTING/LEANING/PERCHING
- 8 MINUTES OF STANDING
- 2 MINUTES OF MOVEMENT

Made in USA
**DESK SPECIFICATION**

**STANDARD WORK SURFACE:**
28”W x 20”D or 36”W x 24”D

**PREMIUM WORK SURFACE:**
28”W x 20”D or 36”W x 24”D

**DRY ERASE WORK SURFACE:**
28”W x 20”D or 36”W x 24”D

**BASE:**
26”W x 22”D footprint
1” square powder coated 16 gauge welded steel construction
Nylon leveler feet

**HEIGHT ADJUSTMENT:**
26” to 42”
Height range is above industry standard

**LOWER SHELF:**
26”W x 8”D

**PATENTED SWINGING PENDULUM™ FOOTREST BAR** (OPTIONAL)
2.5” diameter tube, 20”W footrest area
Patent Nos. 8061278 & 8291833
ZL 2009 0101892.1
2711897

**BOOK BOX** (OPTIONAL)
22”W x 15”D x 4½”H
Extra deep, steel storage box

**CASTERS** (OPTIONAL)
2½” Diameter
Hard Floor or Carpet Casters

**PRODUCT OVERVIEW**

**ALPHABETTER® DESK**
(28 x 20” TOP)
- **1201BE** Standard Top, Beige - without Book Box
- **1202BE** Standard Top, Beige - with Book Box
- **1203GR** Premium Top, Gray - without Book Box
- **1203DE** Premium Top, Dry Erase - without Book Box
- **1204GR** Premium Top, Gray - with Book Box
- **1204DE** Premium Top, Dry Erase - with Book Box

**ALPHABETTER® DESK**
(36 x 24” TOP)
- **1206BE** Standard Top, Beige - without Book Box
- **1207BE** Standard Top, Beige - with Book Box
- **1208GR** Premium Top, Gray - without Book Box
- **1208DE** Premium Top, Dry Erase - without Book Box
- **1209GR** Premium Top, Gray - with Book Box
- **1209DE** Premium Top, Dry Erase - with Book Box

**DESK TOP SWATCHES**
- Standard Top Beige (BE)
- Premium Top Gray (GR)
- Dry Erase Top White (DE)

**STOOL SPECIFICATION**

**SEAT:**
13”W x 13”D

**BASE:**
1¼” square powder coated 16 gauge welded steel construction

**HEIGHT ADJUSTMENT:**
21½” to 35½”

**PRODUCT OVERVIEW**

**ALPHABETTER® STOOL**
- **1205BL** - Black Seat
- **1208BE** - Beige Seat

**STOOL TOP SWATCHES**
- Black (BL)
- Beige (BE)