



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.

NEAtoday.org



WHY AREN'T KIDS MOVING ENOUGH?

LOSS OF PHYSICAL EDUCATION IN SCHOOLS

4% Elementary Schools
8% Middle Schools
2% High Schools
PROVIDE DAILY PHYSICAL EDUCATION

&

INCREASE IN SEDENTARY ACTIVITIES AT HOME

7.5
HOURS/DAY
IN FRONT OF A SCREEN

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

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."

Journal of Physical Activity and Health, 2012, Difference in Caloric Expenditure in Sitting Versus Standing Desks, Christopher Reiff, Kara Marlatt, Donald R. Dengel



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.

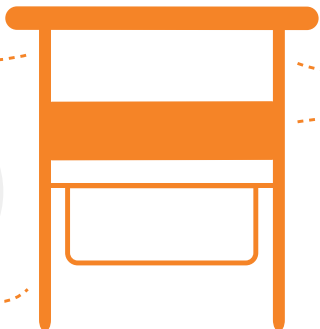
In AlphaBetter classrooms, students receive the postural support they need to focus on instruction so teachers can teach with fewer interruptions.

Creates an active classroom environment

Facilitates focus and burns more calories

Empowers students to live healthier

Allows students to stand, move and fidget





**FEEL EMPOWERED
WITH THE CHOICE
TO SIT OR STAND**

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.

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.

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 1/4" 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.

1202BE

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.



Patent Nos.
8061278 & 8291833
ZL 2009 8 0101892.1
2711897

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.





STOOL TOP

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

ADJUSTABLE-HEIGHT STOOL

The AlphaBetter® Stool is the perfect substitute for standing. The stools adjust in 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).



WIDE BASE

The specially designed wide-angle base of the stool is virtually tip-resistant, even for the most avid learners.

GLIDES

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



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



DESK SPECIFICATION

- STANDARD WORK SURFACE:** 28"W x 20"D or 36"W x 24"D
 $\frac{3}{8}$ " thick MDF with Thermoplastic Laminate
- PREMIUM WORK SURFACE:** 28"W x 20"D or 36"W x 24"D
 $\frac{3}{8}$ " thick Phenolic
- DRY ERASE WORK SURFACE:** 28"W x 20"D or 36"W x 24"D
 $\frac{3}{8}$ " thick Phenolic
- 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
 $\frac{1}{4}$ " thick Phenolic storage shelf
- PATENTED SWINGING PENDULUM™ FOOTREST BAR: (FIDGET BAR)** $\frac{5}{8}$ " diameter tube, 20"W footrest area
 Patent Nos: 8061278 & 8291833
 ZL 2009 8 0101892.1
 2711897
- BOOK BOX: (OPTIONAL)** 22"W x 15"D x 4 $\frac{3}{4}$ "H
 Extra deep, steel storage box
- CASTERS: (OPTIONAL)** 2 $\frac{1}{2}$ " Diameter
 Hard Floor or Carpet Casters



- 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: $\frac{3}{8}$ " thick traditional style in MDF (medium density fiberboard) with durable 3D Rigid Thermoplastic Laminate, which is fire, chemical and impact resistant.

PREMIUM TOP: $\frac{3}{8}$ " thick Phenolic (hard, dense composite material; industrial laminated plastic) is fire, chemical and impact resistant for superior durability and offers a slim modern profile.

DRY ERASE TOP: $\frac{3}{8}$ " thick Phenolic (hard, dense composite material; industrial laminated plastic) is fire, chemical and impact resistant for superior durability and offers a slim modern profile.

STOOL SPECIFICATION

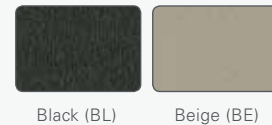
- SEAT:** 13"W x 13"D
 $\frac{3}{8}$ " thick MDF (medium density fiberboard) with durable 3D Rigid Thermoplastic Laminate, which is fire, chemical and impact resistant.
- BASE:** 1 $\frac{1}{4}$ " square powder coated 16 gauge welded steel construction
 Metal swivel glides

HEIGHT ADJUSTMENT: 21 $\frac{1}{2}$ " to 35 $\frac{1}{2}$ "



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

STOOL TOP SWATCHES



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WWW.SAFCOPRODUCTS.COM/ALPHABETTER

PRODUCT OVERVIEW

