

# WeRu Standing Desk

Congratulations - you are now the proud user of a WeRu Standing Desk. It will take some time to get used to working in this way but you will notice some real benefits quite quickly. We offer some hints and tips to support you with developing new work habits.

**Wear flat comfortable shoes**

**Stand with your feet shoulder-width apart**

**Have your centre of balance over the balls of your feet rather than over your heels**

**Mix your time between standing, sitting and moving around your workplace (why email when you could have a quick chat)  
- 3 hours/day is a good amount of time to stand**

**Rock slightly from side to side, raising your heels, to relieve your feet, but don't twist your hips by putting more weight on one leg/foot**

**Talk to one of us about any issues you have**

A standing worker burns about 1500 calories per day, whereas a person behind a desk expends 1000



Standing in comparison to sitting gives you more postural freedom and wider range of possible postures

While standing, you feel a sense of urgency which helps you to be focused on the completion of tasks.



Using a standing desk standing 3 hours a day, 5 days a week instead of sitting causes your heart to beat an average of **10** beats/minute faster, burn **60** calories extra per hour, **750** calories per week which adds up to **36000 calories** per year

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