Assignment: FIT Small Business

Best Ideas for Organization at Work and Home - Ideas, Hacks and Tips

**Home/Office Related**

Avoiding Sedentary Behavior for Health [6 sentences]

Sedentary behavior (those are behaviors with low levels of energy expenditure like watching TV, computer use, or sitting in a car) has been associated with a wide range of health factors, including: obesity, metabolic syndrome, diabetes, cardiovascular risk, and premature mortality. An electric standing desk breaks the monotony of working at home while actively fighting health risks. Upgrading your home with the **AIRLIFT S2/S3 Electric Standing Desk** comes with a few advantages to this point:

* **Tip!** We recommend users adjust from sitting-to-standing for about 2 minutes every hour at least. [1]
* **Idea!** Set alarms on your phone every hour as a reminder to stand up and break the cycle of sedentary activity.
* **Hack!** Pair with a standing desk mat, airlift monitor arm or other accessories for a workspace that doesn't trade productivity for health.
* Memory buttons let users adjust between sitting and standing to the perfect height, every time, making frequent adjustment easy.
* 4 available memory buttons make it easy for a pair of users to store sit-to-stand heights; perfect for a partnerships, small business and corporations with temps, part-timers and contractors
* Sedentary behavior is associated with several negative health outcomes like cardiovascular disease, cancer, and increased all-cause mortality**.**

1. American Institute for Cancer Research. (2011). New Research: Getting Up From Your Desk Can Put the “Breaks” on Cancer [Press release]. Retrieved from <http://www.aicr.org/press/press-releases/getting-up-from-your-desk.html?referrer=http://www.cbsnews.%20com/news/too-much-sitting-behind-92000-cancer-cases-a-year-report/>

Reduce Pain in Upper and Lower Back

Users with injuries or back pain can find sitting for extended period of time uncomfortable and even painful. For some, standing helps alleviate that pain. [2][3] If back pain and a concern, it's important to consider an electric desk like the **AIRLIFT S2/S3 Electric Standing Desk** and the **AIRLIFT Electric Standing Desk Converter** which rise without any physical effort from the user. Just press a button!

* **Tip!** Users with back pain can try transitioning from sitting to standing every 30 minutes and see if it helps their back pain. If it does, then simply adjust your sit-stand routine to your comfort level.
* **Idea!** Incorporate some light stretches and breathing exercises while you're standing to help relax and improve your mood.
* Standard 35" gas-spring standing desk converters tend to require some effort to lift, and a lightweight version like the **AIRLIFT Slim Gas-Spring Standing Desk Converter** may be a better choice for users in need of the lightest, easiest lift.

1. Pronk, N. P., Ph.D, Katz, A.S., Ph.D., Lowry, M., MS & Payfer, J.R. (2012). Reducing Occupational Sitting Time and Improving Worker Health: The Take-a-Stand Project, 2011. Preventing Chronic Disease. Retrieved from <https://www.cdc.gov/pcd/issues/2012/pdf/11_0323.pdf>
2. Ognibene, G. T., BA, Torres, W., BS, von Eyben, R., MS, & Horst, K. C., MD. (2016). Impact of a Sit-Stand Workstation on Chronic Low Back Pain: Results of a Randomized Trial. Journal of Occupational and Environmental Medicine, 58.3, 287-93. Retrieved from <http://journals.lww.com/joem/Citation/2016/03000/Impact_of_a_Sit_Stand_Workstation_on_Chronic_Low.11.aspx>

Improve Comfort and Performance at Work

Studies have shown that switching postures during work can increase productivity in workers with sit-stand desk compared to those without them.[4] This is a boon for freelancers and work-from-home employees as working from home presents it's own unique challenges to focus and productivity.

* **Tip!** The lightweight **AIRLIFT Slim Gas-Spring Standing Desk Converter** and **AIRLIFT Mobile Desk Carts** are perfect for laptop users and can be moved from room-to-room with ease.
* **Hack!** Use the USB charging port on the **AIRLIFT Electric Standing Desk Converter** to power accessories like a desk fan or lamp for an even more productive workspace.

1. Desk Intervention. IIE Transactions on Occupational Ergonomics and Human Factors, 4.2-3, 188-195. Retrieved from <http://www.tandfonline.com/doi/abs/10.1080/21577323.2016.1183534?tokenDomain=eprints&tokenAccess=km4nB428SqEGEqw7Bwjz&forwardService=showFullText&doi=10.1080%2F21577323.2016.1183534&doi=10.1080%2F21577323.2016.1183534&journalCode=uehf20>.

**DIY**

Build your own standing desk or upgrade your existing workplace piece-by-piece as part of a larger project. AIRLIFT S2/S3 Electric Standing Desks and Ergo Desk Table Tops are sold together and separate making them perfect for customization.

* **Tip!** The **AIRLIFT S2/S3 Electric Standing Desk Frame** can extend from 45 to 62.9 inches wide and can fit a top as wide 70 inches! Transfer the top from and old desk to this one, or make your own.
* **Idea!** Or, upgrade your existing desk space with an **AIRLIFT 360 Ultra Monitor Arms**. They're height-adjustable and equipped with gas-springs for effortless adjustment.