**19. Describe a piece of equipment in your home**You should say:

What it is

How often you use it

Who you usually use it with

And explain why this item is important to you

I am going to describe my standing desk, which can be adjusted to any height just by pressing the up or down button. It is a desk with solid wooden desktop building on the steel frame with an electric motor. This desk also has two memory settings, so I can set it to the proper height for sitting position and another setting for standing. It will adjust to the memory setting with a push of the button. I use it almost every day because I have to use my computer to study or to entertain myself. I usually use it with my wife who suffers from neck-ache. This desk is very important to me because it change my life dramatically. I suffered a lot from lumber problems caused by sitting too much. It reduced my sedentary time by more than 2 hours a day. It also increased my sense of well-being and energy, while decreasing fatigue. Now I could continue to study without worries about my health problem. I enjoy studying math and machine learning algorithm, but the long time sitting almost forced me to give up. However, the standing desk gives me a chance to continue my favorite work.

This desk has 3 memory settings so you can set it to the proper height for sitting position and another setting for standing. Desk will adjust to the memory setting with a push of the button.

https://health.usnews.com/wellness/articles/2017-12-04/is-your-standing-desk-doing-more-harm-than-good