**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 by pressing the up or down buttons. It is a desk with a solid wooden desktop fixed on the steel frame with an electric motor. This desk has two memory settings, so I can easily switch the between sitting level and standing level. I use it almost every day because computer is my main equipment for study and entertainment. I usually share 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 lumbar hurt caused by too much sitting. It reduced my sedentary time by more than 4 hours a day. It also increased my sense of well being and energy, while decreasing fatigue. Now I could continue to study without worrying 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.

button. Because I spend most of my leisure time before the computer table, so I bought a solid wooden tabletop with the exact dimension and shape I need to fit my space. Then I finished it with plant-based, non-toxic oil. This finish highlights the warmth and natural beauty of the wood. At last, I fixed this top 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 computer is my main tool of study and entertain. I usually share 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 lumbar hurt caused by too much sitting. 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