With the fast rise of digital technology in our society today, sitting has become an habit or a common posture in our workplace and at home. Most people find it comfortable sitting in front of the computer all day which is not in anyway healthy. Large number of people around the world work at their desk while sitting. This sitting may last for hours which can be extremely detrimental to our health. This prolonged sitting has some health implications which include:

* Increase in the risk of death from cardio-vascular diseases and cancer.
* It can also cause poor blood circulation and weakened vessel.
* Prolong sitting increases your risk of chronic health problems such as heart diseases and diabetes.
* It can also be bad for mental health.

In other to avoid the above listed health problem and to experience more comfort while working, taking a break from sitting every 30minutes while working is a good practice and that is why it is advisable to get a **standing desk.**

A standing desk is a furniture that is arranged in a way that makes it comfortable to stand while working. The desk is adjustable by using an adjustable lever attached to the desk. It stability and quality is impressive. Using a standing desk while working has a lot of benefits , some of them include;

* Standing desk helps with shoulder and back pain.
* It improves productivity and mental alertness
* It lowers the risk of heart disease,weight gain and obesity.

“I’m a programmer and I have a 20-inch monitor and a laptop.Sometimes I get tired of sitting after have worked for quite sometime,the desire to continue this work is still there but I can’t,why?This is because I’m tired of sitting.I want to stand while I work but the height is not so convenient for me so I just can’t.So,recently a friend of mine told me about this standing desk she got last year.Without wasting much time,I got mine last month and trust me using it has been awesome experience so far.The keyboard is positioned so well that I no longer experience shoulder strain while holding my arm up again.Being able to switch from sitting to standing while working is nice.The adjustable lever works so well so that I can adjust this desk to whatever height I want.

I was skeptical about it being able to hold my two systems until I got mine and the story was different.I must tell you guys ,this is best have seen so far.I’m impressed by the quality and stability.If you are the type that work for so long like me,trust me,this is exactly what you need.

The above health implications of prolonged sitting are in no doubt diseases that are threats to our wellbeing ,so, if you are considering buying a standing desk, I recommend Rhey-rhey standing desk ,which in no doubt will help reduce or get rid of this diseases and provide us with healthier and better lifes. Rhey-rhey standing desk is great for your mind, body and productivity. Get all of this benefits from rhey-rhey standing desks today.