

movement
choices
sit/stand



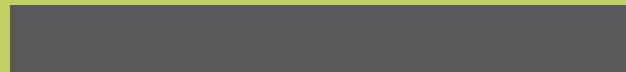
A photograph of a modern office interior. In the foreground, a person is seated at a white standing desk, working on a computer. The desk is equipped with a monitor, keyboard, and mouse. To the left, another desk is visible, also with a computer setup. A small stack of colorful fabrics or samples sits on the floor between the desks. Large windows provide a view of a brick building across the street. The office has a clean, minimalist aesthetic with white walls and furniture.

The new way of working

Just 20% of today's jobs
involve moderate physical activity,
down from 50% in 1960



People are still tied to desks by non-mobile technology



80% desktop computer



39% laptop

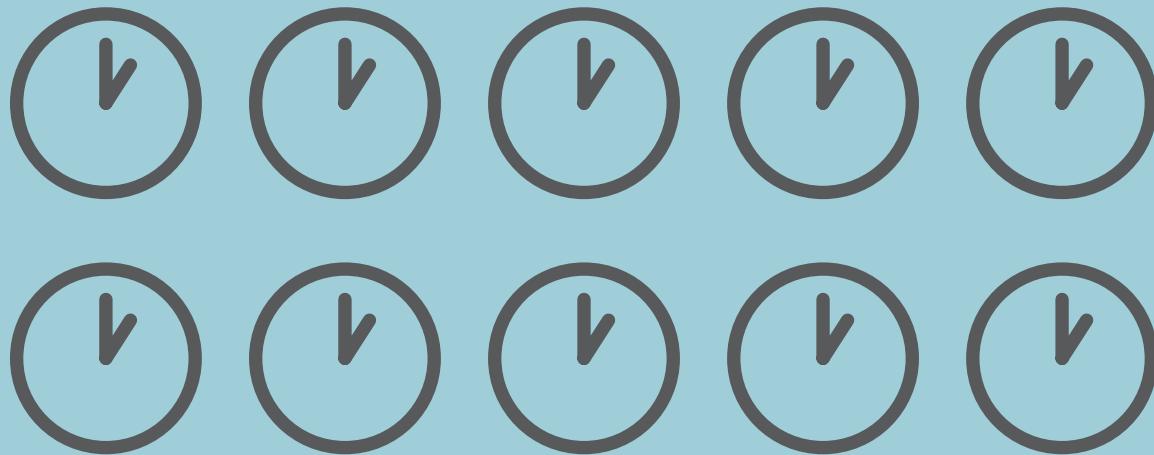


86% landline phone

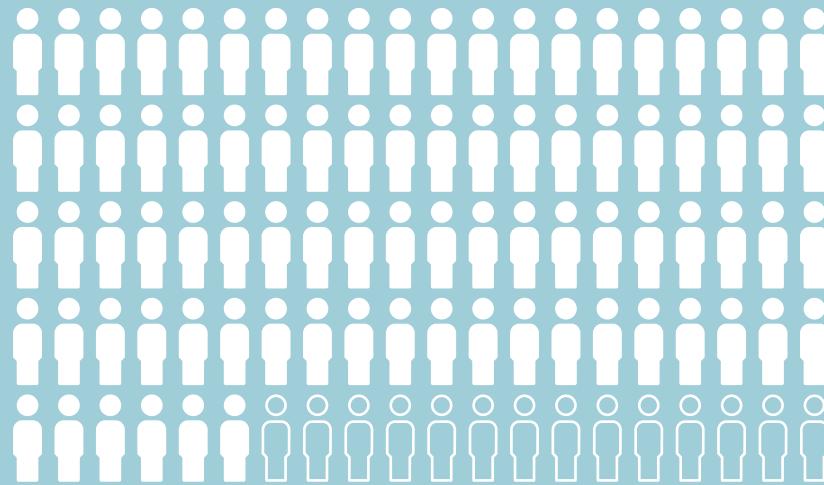


39% mobile phone

The average office worker
sits for about 10 hours a day



86% of workers are above normal weight or have at least one chronic health condition



Gallup, 2011

“When you sit, body processes stall and your health risks increase. When you’re standing or actively moving, you kick them back into action.”

Dr. James Levine, Mayo Clinic Expert Answers, September 2015

“Physical activity stimulates various brain chemicals that leave you feeling happier and more relaxed... and can improve your muscle strength and boost your endurance.”

Mayo Clinic Health In-Depth, February 2014



A person is sitting at a desk, their body angled towards the left. They are wearing a light-colored shirt and dark trousers. The background is a soft-focus office environment with desks and chairs.

Our bodies are meant to move,
but office furniture has been keeping us
still for more than 50 years

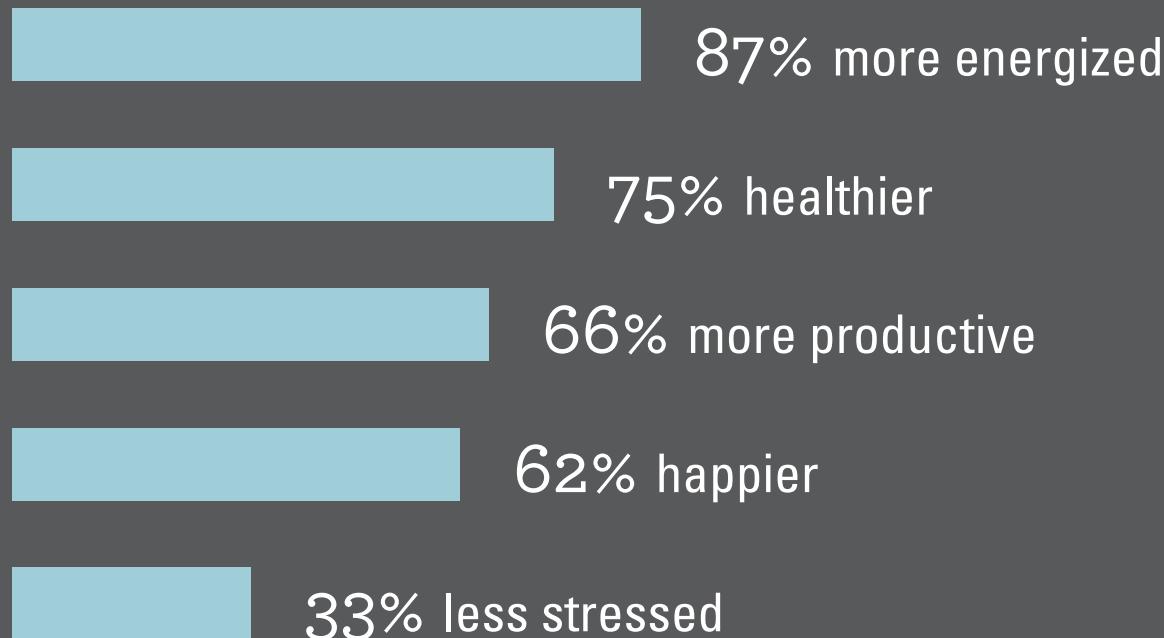
Getting people moving

- Humanscale has always championed movement in the workplace
- This is why our chairs don't have locks... promoting spontaneous movement throughout the day
- And why we are the technology leader in Sit/Stand



The new way of working

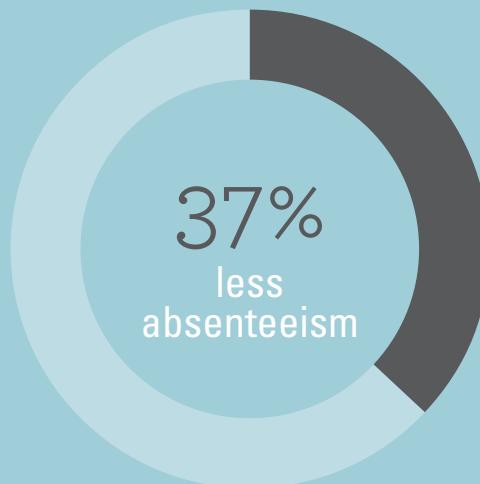
When introducing occasional standing into the workday





Movement is good

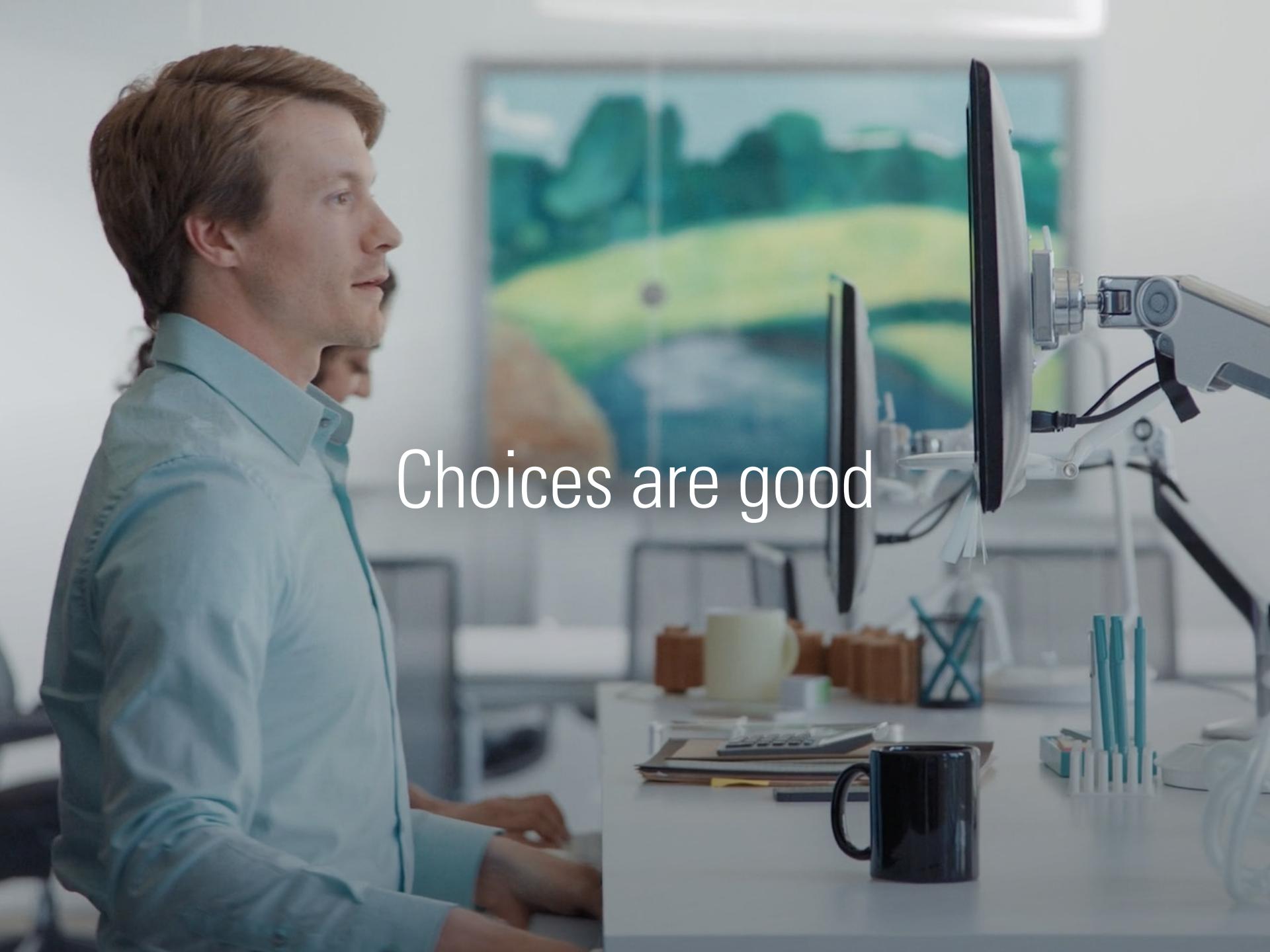
“Companies can create a climate where employees can make meaningful decisions to maximize their individual job performance. Employers who provide choices have higher-performing employees and are seen as more innovative.”



Businesses that offered employees
more choices...



"Teams, Autonomy and the Financial Performance of Firms," Cornell University School of Industrial & Labor Relations, 2006

A man with brown hair, wearing a light blue button-down shirt, is seated at a desk, looking towards the right side of the frame. He appears to be working on a computer, with his hands visible near the bottom of the frame. In front of him is a computer monitor displaying a vibrant landscape of rolling green hills under a blue sky. To the right of the monitor, there's a white desk lamp on an adjustable stand. On the desk, there's a dark blue mug, a calculator, some papers, and a small container holding several pens. A painting of a landscape hangs on the wall in the background.

Choices are good

A black and white photograph of a modern office environment. The room features a long desk with multiple computer monitors, office chairs, and large windows that look out onto a cityscape. The ceiling has several large, circular recessed lights.

Sit/Stand implementation trends

Designated Sit/Stand areas

Everyone gets one

Everyone who asks gets one

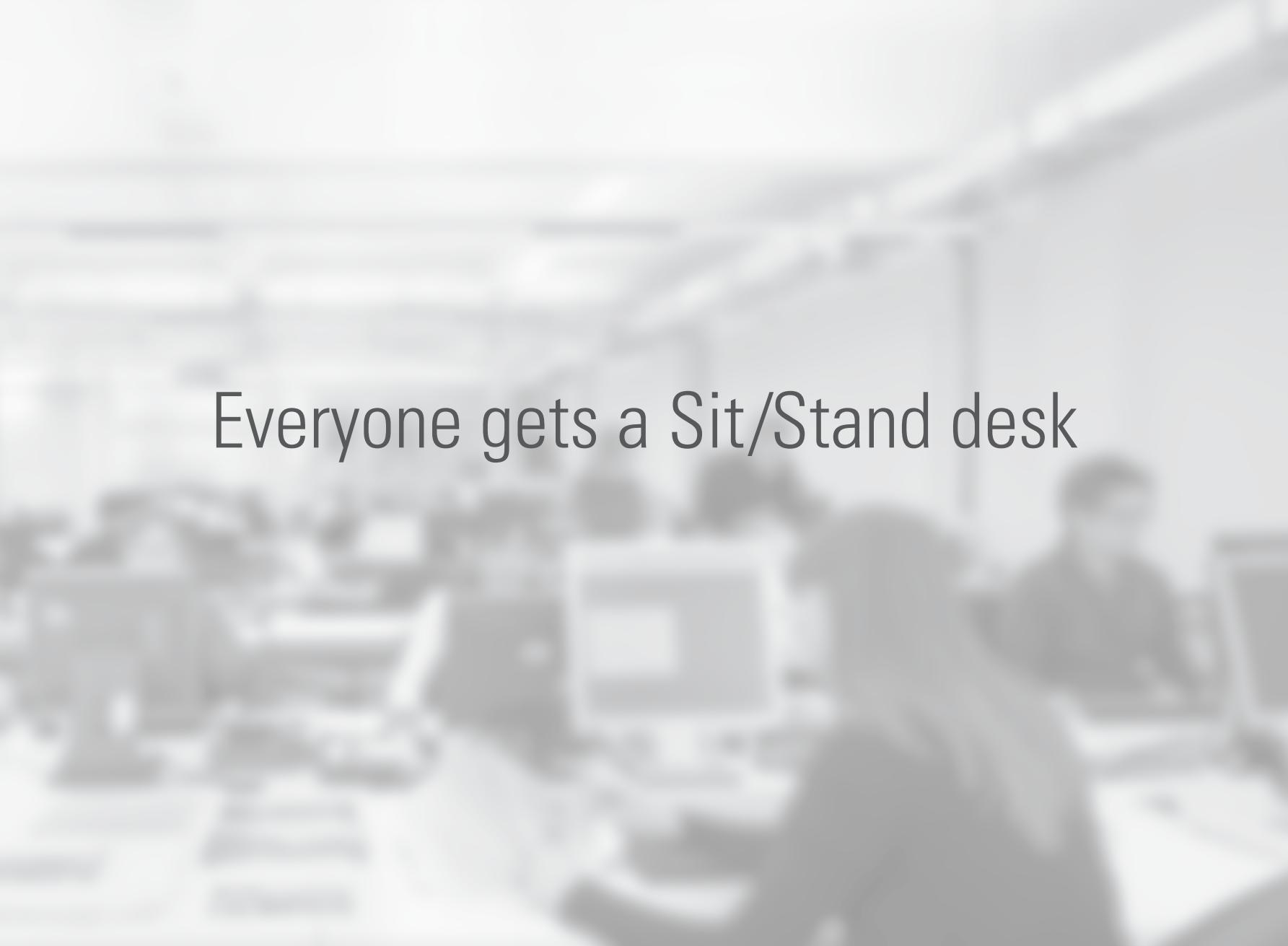




Designated Sit/Stand areas

Designated Sit/Stand areas
Convenience factor is a deterrent



A blurred background image showing a modern office environment. Several people are visible, some sitting at desks and others standing, suggesting a collaborative workspace. The office has large windows and a clean, minimalist design.

Everyone gets a Sit/Stand desk



Everyone gets a Sit/Stand desk
Only 20% will actually use them



Everyone who asks, gets one

Everyone who asks, gets one

Portable Sit/Stand products allow companies to offer choice

The power of choice = higher utilization rates

*51% of Sit/Stand products purchased in companies
are driven by an employee request*

Humanscale Sit/Stand Solutions



QuickStand





Ease of use

Stability

Simplicity

A group of four people are working in a modern office. A man in a grey sweater is leaning over a man in a blue denim shirt who is sitting at a white standing desk. The man in blue is pointing at a monitor on a white Sit-Stand monitor arm. To the right, a woman in a black blazer is sitting at another white standing desk, working on a computer. A large potted plant is in the background. The office has large windows overlooking a city skyline.

QuickStand•Lite™

Flexible
Effortless
Minimal



float®





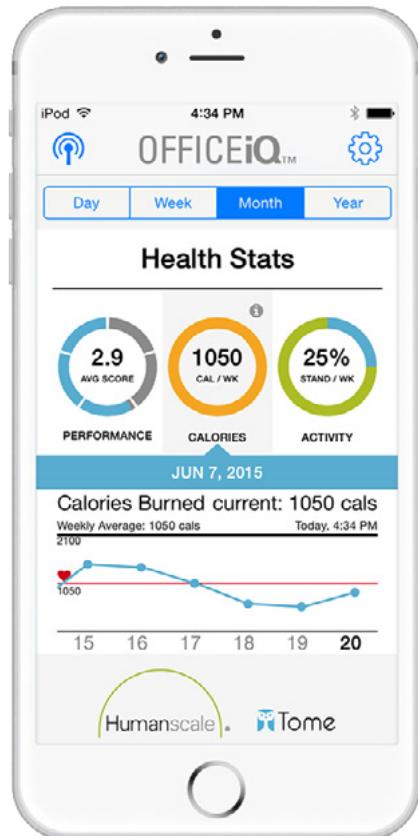
Next generation counterbalance

OFFICE
iQTM

Get Active !

15 more minutes of standing to
reach your goal for the day

The connected, intelligent office



- See Sit/Stand activity across company
- Set individual goals
- Track incremental calories burned through standing
- Encourage movement through reminders
- Leverage data



Humanscale is leading the way to offer movement and choices that are good for people, and smart for businesses

