

STANDING DESK TIPS

Congratulations on trying a standing desk!

We hope you will discover how much better you'll feel after spending part of your workday standing. If you're accustomed to working in a seated position, it will take some time for you to get used to standing while working. We recommend you start slowly, only standing for 15 minutes at a time, several times per day, and gradually working your way up to longer periods. It's normal for your legs and feet to get tired and a little sore from standing for long periods – that's your cue to shift your position slightly or sit down.

Here are some tips to help you successfully incorporate standing during the workday:

- Ensure your desk offers proper ergonomic design:
 - Adjust your monitor so the top of your screen is at eye level
 - Ensure your screen is about an arm's length away (18 to 24 inches)
 - Your elbows should be at a 90-degree angle when your hands are resting on your desk/keyboard
- Stand with good posture, keeping your shoulders down
- Wear comfortable footwear
- Stand on an anti-fatigue mat
- Alternate your standing position regularly:
 - Have a small stool or box on the ground to alternate resting your feet on
 - Stand in front of your chair and rest one knee on the seat
 - Do a little walking or marching on the spot
 - Try balancing on one foot and doing a tree-pose
- Take breaks and move around!

