

# GET MOVING

*The case for postural rotation*

Research has shown that prolonged sitting contributes to poor health, sometimes causes injuries, and is often a factor in certain diseases.



**In a study of over 17,000 subjects for over 12 years, among those who sat for most of the day 54% were more likely to have heart attacks.**

Pennington Biomedical Research Center  
Baton Rouge LA

**Within a couple of hours of sitting, healthy cholesterol drops 20%.**

A. Colditz and Michael J Thun  
American Journal of  
Epidemiology, 2010

**The Price  
of Sitting**

**In the seated position, enzyme activity drops 90-95%.**

A. Colditz and Michael J Thun  
American Journal of  
Epidemiology, 2010

**Sitting for five hours a day, even if you go to the gym for an hour, is the equivalent of smoking a pack a day.**

Dr. David Agus  
CBS News/CBS This Morning

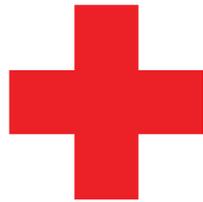
**JRBStudio**

A BAKER MANUFACTURING brand

# “Postural Rotation” is the new benchmark

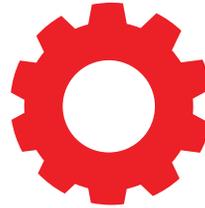
It's not time to sit better, but to sit less. To get moving. To vary your posture, to work while standing at times. Chairs are not the solution. Movement is what matters.

Sit-to Stand worksettings enable postural rotation... users deciding to vary their position in a wide range of seated-to-standing options. These worksettings deliver four critically important values... the 4 Ps of Postural Rotation:



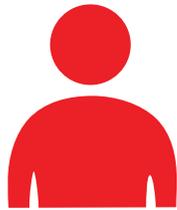
## PHYSICAL WELLNESS

The health and science issues that underpin the case for sit-to-stand adjustability.



## PRODUCTIVITY

The workplace performance issues and their impact on design and management thinking.



## PERSONAL PREFERENCE

The impact on the individual, and that individual's organizational engagement



## PAYBACK/ROI

The calculation of financial investment, return, and overall value equation

## Adjustability is the Solution

JRB Studio provides a wide range of sit-to-stand height adjustable tables and worksetting solutions, in addition to accessories that enhance ergonomics and productivity.

Visit [www.jrbstudio.com](http://www.jrbstudio.com) to learn more and/or contact a sales representative.

