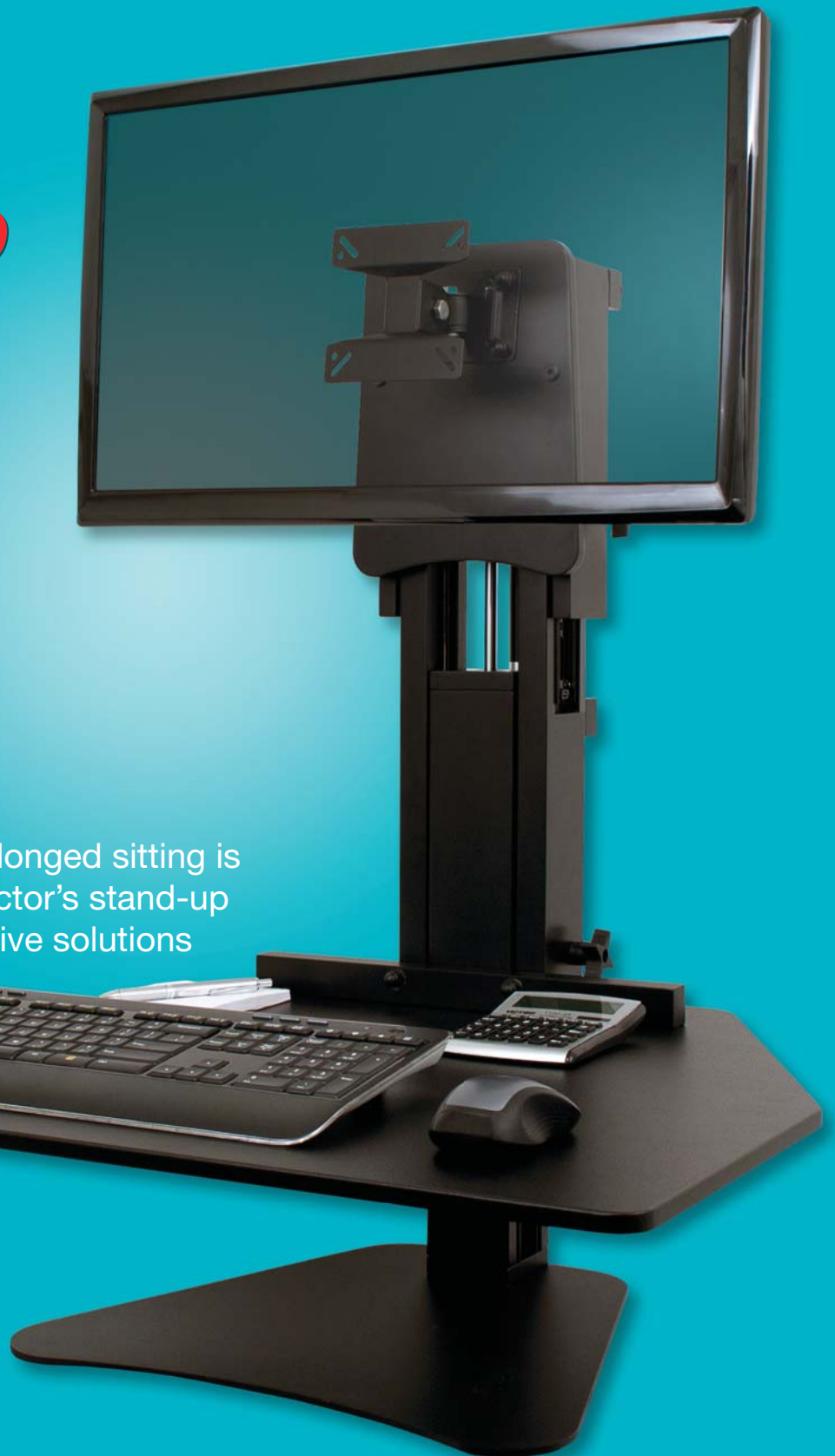


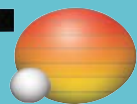
# VICTOR<sup>®</sup> High Rise<sup>™</sup> Collection

*Stand-Up*  
*For*  
*Yourself*

Studies have proven that prolonged sitting is detrimental to your health. Victor's stand-up desk converters offer innovative solutions to this problem.



**INSIDE:**  
**TOP 10** Reasons  
You Should Stand  
At Work!



# TOP 10 Reasons You Should STAND At Work!

Research shows that sitting for prolonged periods of time is detrimental to your health!



- 1. Add 2 Years To Your Life**  
Research indicates that sitting more than 3 hours a day cuts your life expectancy by 2 years. Sedentary behavior (referred to as **Sitting Disease**) is in the same category as smoking and obesity.  
*Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center*
- 2. Burn 42 More Calories PER HOUR**  
A UK study found the average calories burned while sitting was 2.6 cals per minute compared to 3.3 cals per minute while standing.  
*Dr. John Buckley - University of Chester*
- 3. Reduce Your Risk Of Dying Of A Heart Attack By 46%**  
Multiple studies have shown that people who sit for most of the day are 54% more likely to die of a heart attack, no matter how much you exercise or how well you eat.  
*Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center*
- 4. Lower Your Risk Of Cancer**  
Studies have linked sitting to a greater risk for colon, breast and endometrial cancers due to increased insulin production from idle muscles.  
*Charles E. Matthews - National Cancer Institute Investigator*
- 5. Reduce Your Back and Neck Pain**  
People who sit more are at greater risk for herniated lumbar disks, as well as strained cervical vertebrae in the neck leading to permanent imbalances.  
*Jay Dicharry - Director of the REP Biomechanics Lab in Bend Oregon*
- 6. Get 18% More Work Done**  
A study found that an employer who provided employees with good ergonomic furniture and training in how to use it realized about \$367 per day more income per employee (a 17.8 % productivity gain) than did a control group.  
*Tom Albin - Office Ergonomics Research Committee, Inc*
- 7. Be A Better Co-Worker**  
The average American spends 55% of waking time in sedentary behaviors. People who stand have a smaller barrier to engage with others in the workplace, thus improving their social and professional relationships.  
*2008 Vanderbilt University study published in the American Journal of Epidemiology*
- 8. Sleep Better**  
Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. This can ultimately cause restlessness and lead to loss of sleep.  
*James Levine - Director of Obesity Solutions at Mayo Clinic*
- 9. Lower Healthcare Costs**  
A HealthPartners study saw overall health increase with its participants who stood at work, leading to lower projected health care costs in the long run of a business.  
*JourneyWell - a HealthPartners wellness solution*
- 10. Feel Healthier At The End Of The Day**  
According to a 2011 study, 75% of people felt healthier overall after standing at work.  
*2011 HealthPartners Study*



\*Patent Pending

23"L X 28"W  
0" to 15.5" Variable Height

## DC350

### High Rise Dual Monitor Sit-Stand Desk Converter

- Transforms any sit down desk into a sit OR stand desk
- Allows for two monitors with a maximum width of 22" each (24" diagonal).
- Gas strut design allows easy custom height adjustment of both desk and monitor
- Work surface lowers to become flush with desktop level
- Sleek wood construction and a durable laminate coating
- Extra-large work surface for accessories
- Heavy steel base prevents tipping
- No clamp, damage free design

## DC300

### High Rise Sit-Stand Desk Converter

- Transforms any sit down desk into a sit OR stand desk
- Gas strut design allows easy custom height adjustment of both desk and monitor
- Work surface lowers to become flush with desktop level
- Sleek wood construction and a durable laminate coating
- Rear portion of the desk is tapered to fit corner cubicles
- Extra-large work surface for accessories
- Heavy steel base prevents tipping
- No clamp, damage free design



23"L X 28"W  
0" to 15.5" Variable Height

\*Patent Pending



\*Patent Pending

23"L X 28"W  
12" to 16.75" Variable Height

## DC200

### High Rise Adjustable Stand-Up Desk Converter

- Transforms any sit down desk into a stand-up desk (Does not lower to the sitting position)
- Gas strut and lever allow for easy custom height adjustment
- Desk surface easily rotates to promote active behaviors
- Sleek wood construction and a durable laminate coating
- Rear portion of the desk is tapered to fit corner cubicles
- Extra-large work surface for accessories
- Heavy steel base prevents tipping
- No clamp, damage free design

## DC100

### High Rise Stand-Up Desk Converter

- Transforms any sit down desk into a stand-up desk
- Optional height extenders add an additional 2" for taller people
- Sleek wood construction and a durable laminate coating
- Rear portion of the desk is tapered to fit corner cubicles
- Extra-large work surface for accessories
- Cutouts on sides give a modern look
- The lower shelf stores books, papers, or accessories
- No clamp, damage free design



23"L X 28"W  
12.5" or 14.5" Height

\*Patent Pending



11.5"L X 27"W  
6.5" or 7.5" Height

## DC050

### High Rise Monitor Stand

- Ergonomically Designed for use with High Rise Collection™ DC200 and DC100 models
- Works as a stand alone professional monitor riser
- Sleek wood construction and a durable laminate coating
- Optional height extenders add an additional 1" for taller people

BEST

BETTER

GOOD



ST570

# Steppie Balance Board

*The Healthy Way To Stand*



A **fun & healthy** way to stand at work



Simple, **low-impact movement** that improves **joint mobility**



Engages the **stabilizing muscles** of your back, core, hips, legs & ankles



Improves **posture & balance** while increasing standing stamina



Increases **focus, attention & overall productivity** at work



Easy to clean, **non-slip work surface**



**Strong & sturdy** - holds up to 440lbs

*Perfect complement to the  
High Rise™ Stand-Up  
Desk Converters*



[www.victortech.com/Steppie](http://www.victortech.com/Steppie)

**VICTOR**