

# WORK & MOVE Desk Home

Sit-stand desk for the home



Create an active workplace at home with the compact and manually adjustable WORK & MOVE Desk Home.

The height is manually and easily adjustable. With the included WORK & MOVE coach, this guarantees more movement and an increase in your energy level.



Switching between sitting and standing while working creates more variation in the working posture throughout the day.

This leads to less discomfort within the back, neck and shoulders compared to only perform sedentary work a regular table (Choi, 2010; Rabbit et al, 2008; Hedge and Ray, 2004; Karlqvist, 1998).

The effect of alternation in standing and sitting has as a result that the concentration stays longer at a high level (Ebara, et al., 2008). The actual work performance during computer improves as well with an sit-stand table (Garrett et al, 2016; Choi, 2010; Hedge and Ray, 2004).



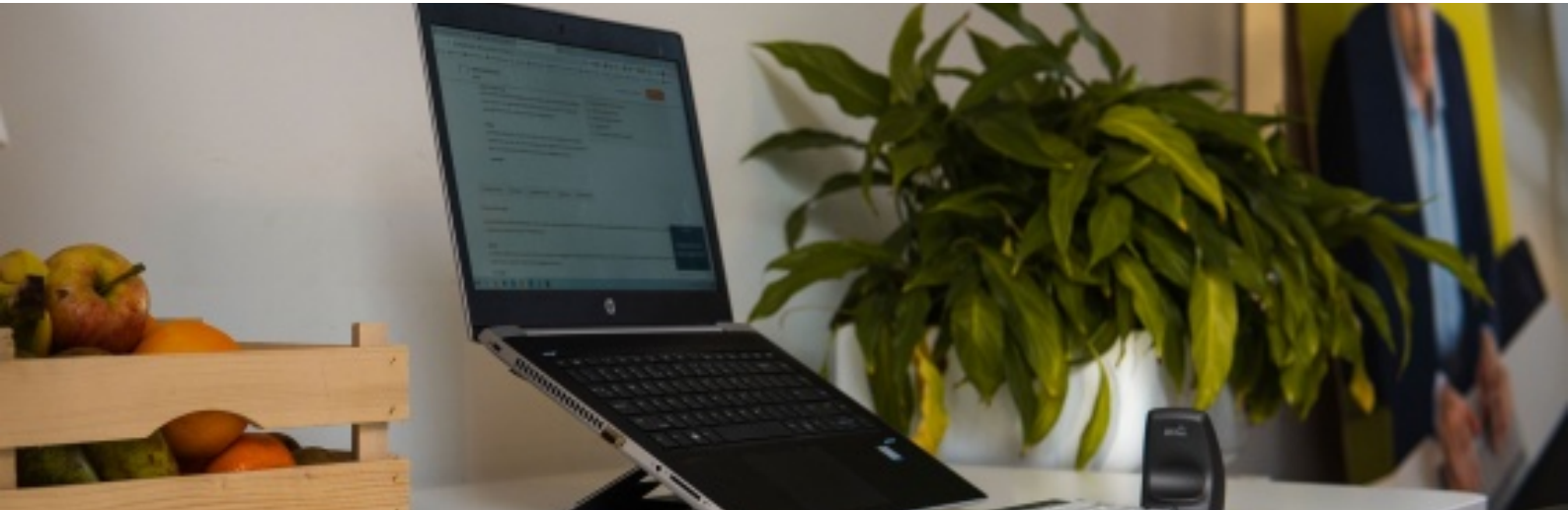
## Work and exercise at home

Thanks to the WORK & MOVE notifications, you alternate 229% more between standing and sitting, compared to a sit-stand table without a WORK & MOVE sit-stand coach. Thanks to WORK & MOVE you stand 83% more and you are also 36% more productive compared to users without a WORK & MOVE sit-stand coach. (Garrett et al, 2019: Texas A&M University study at Chevron).

With the help of the WORK & MOVE Desk home you ensure that you get more done during a working day, at home or at the office, and you have more energy left at the end of a working day.



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## The features of the WORK & MOVE Desk Home



### Simple operation

This sit-stand desk is equipped with a control handle. This allows you to set the desk to the desired height in no time. From now on no more time-consuming operation with a crank and switch between sitting and standing faster than with an electric sit-stand desk.

### Can be set manually

The WORK & MOVE Desk Home is equipped with a gas spring. This means that the desk can be quickly adjusted in height manually. So no connection to the socket is required. You can easily switch between sitting and standing.



### Any desired height

A stepless gas spring adjustment ensures that the WORK & MOVE Desk Home can be adjusted to any desired height. You can manually set the height. Alternating between sitting and standing or changing posture is quick and easy with the stepless height adjustment.

### Timely change

Thanks to the included WORK & MOVE software, your coach tells you after setting your personal sit and stand moments when it is time to sit and stand. Even a few months after commissioning, the coach ensures that you still have enough variety.



### Compact with workspace

The WORK & MOVE Desk Home is a compact sit-stand desk. The compact size ensures that it fits perfectly in your home office or can serve as a home workplace. In addition, it has enough work space to place your laptop, keyboard, papers and other items.

### With personal coach

The included WORK & MOVE software is your personal coach who ensures the right work-rest rhythm, both physically and mentally. Changing posture is promoted and you move more physically and mentally, improving your concentration and productivity.



## Knowledge Center

Sitting/standing working is becoming increasingly popular. But what are the actual effects of switching between working standing up and sitting down? Does it only affect your health or does it have other effects? Its impact has been researched by conducting several surveys of call center employees.

Process optimisation and narrow targets improve the performance of...

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## Specifications

Width	1200 mm
Height	1130 mm
Depth	700 mm
Weight	32.0 kg
Product code:	BNEWMDHWTW120

## Contact



Sundry Supplies  
 Burlington House  
 Waterloo lane Dublin 4  
 Ireland  
 tel. 01668 2799  
 fax. 01660 9280  
 email: info@sundrysupplies.com  
 website: www.sundrysupplies.com

Official partner

