A fully adjustable workstation system, which provides a wide range of flexibility, can be a great solution for addressing health issues.

**SIT LESS. STAND MORE. START NOW.**

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**THE IDEAL WORKSPACE**

![Diagram showing the ideal workspace](https://via.placeholder.com/150)

**How Prolonged Sitting Can Affect Your Health**

- **Musculoskeletal Disorders**: Prolonged sitting can lead to muscle weakness, stiffness, and pain in the lower back, neck, shoulders, and legs.
- **Cancer**: Studies have linked prolonged sitting to an increased risk of various cancers, including colorectal cancer.
- **Cardiovascular Disease**: Sitting for long periods can increase the risk of developing heart disease.
- **Metabolic Syndrome**: Prolonged sitting is associated with higher levels of blood pressure, cholesterol, and insulin resistance.
- **Mental Health**: Sitting for extended periods can contribute to feelings of depression and anxiety.

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**Things to consider for lighting**

- **Ambient Light**
  - **Office**: Bright enough for tasks, but not too bright.
  - **Home**: Adjust to personal needs and activities.
- **Local Light**
  - **Task Lighting**: Bright enough for specific tasks.
  - **Reading Lights**:柔和的光线。
- **Overhead Lighting**: Equal illumination throughout the room.

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**Sit Less. Stand More. Start Now.**

- **Upholstery Comfort**
  - Choose seats with ample lumbar support and adjustable armrests.
- **Computer Screen**
  - Adjust to eye level or slightly below.
  - Position at 20-28° angle.
- **Height Adjustability**
  - The seat should allow you to place your feet on the floor and the knees at 90°.
- **Armrests**
  - Adjustable for support and comfort.
- **Monitor Location**
  - Place the monitor at an arm’s length.
- **Lighting**
  - Balanced lighting to avoid glare and strain.

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**How to Improve Your Sitting Posture**

1. **Adjust Chair Height**
   - Sit with your knees at 90° and your feet flat on the floor.
2. **Position Your Monitor**
   - Adjust the monitor to be level with your eyes.
3. **Use Armrests**
   - Adjust to support your forearms while typing.
4. **Lean Back**
   - Use your backrest for support.
5. **Footrest**
   - Use if necessary to keep feet flat.

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**Meta Fit Workcenters**

- **Adjustable Height**
- **Height-Ajustable Monitor Mounts**
- **Flexible Monitor Arms**
- **Wires and Cables Management**
- **Adjustable Armrests**
- **Protection from Overhead Lighting**

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**Examples of Sit Less. Stand More.**

- **Use a Standing Desk**
- **Alternate Sitting and Standing**
- **Use a Balance Board**
- **Use a Step Stool**
- **Use a Yoga Ball Chair**

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**References**


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**Further Reading**

- **Ergonomic Design**
- **Health Benefits**
- **Workplace Safety**
- **Employeewellness**
- **Productivity**

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