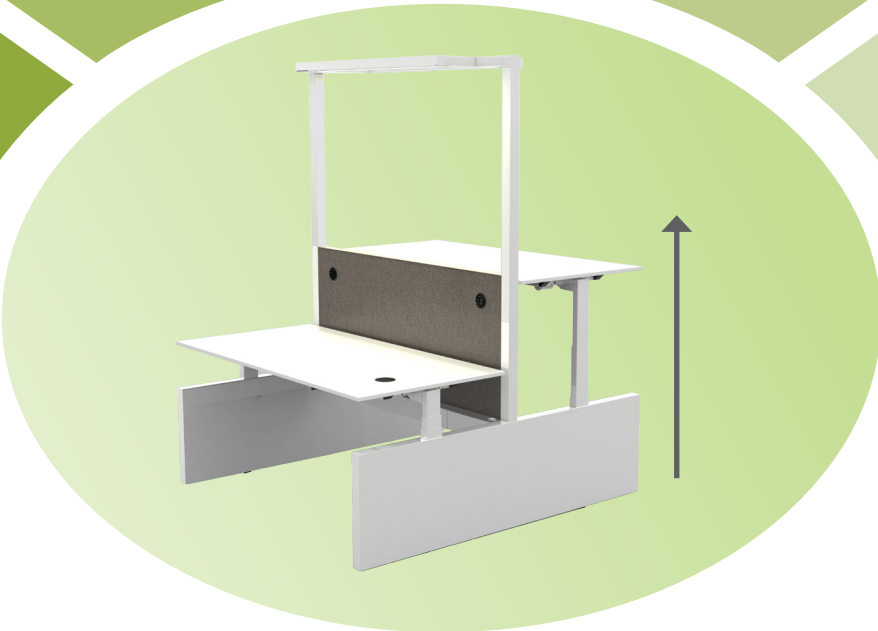
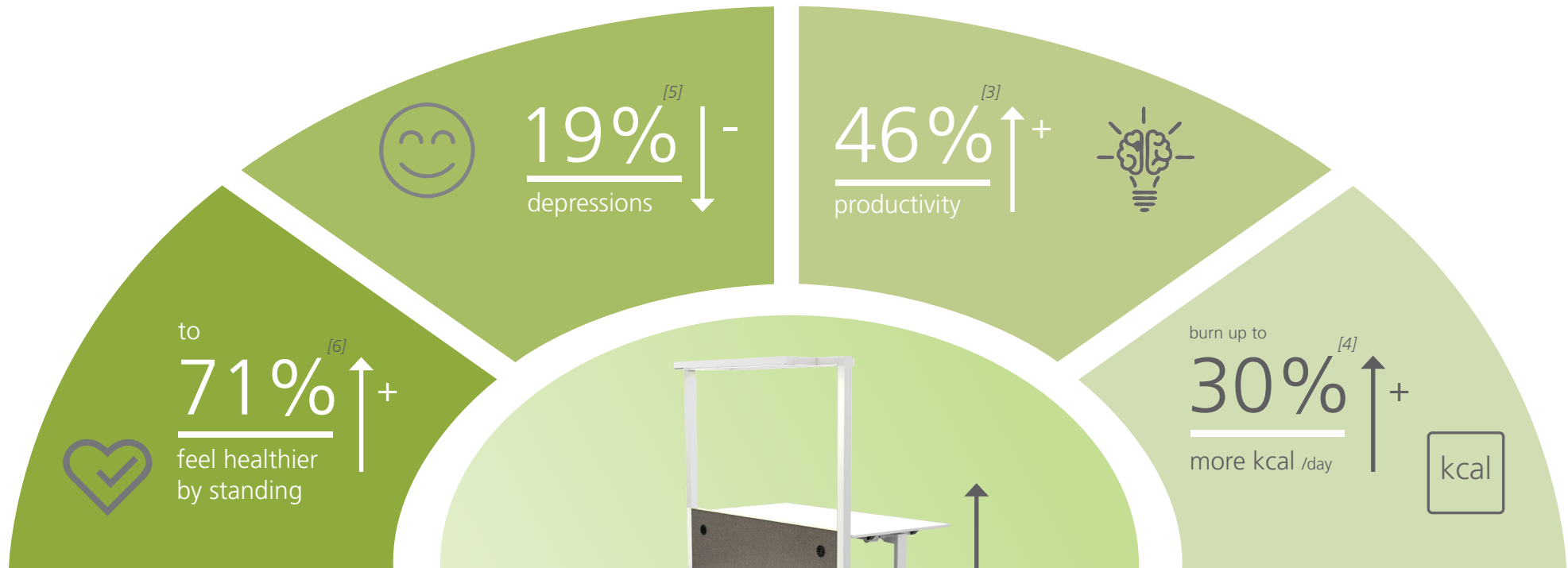




GET HEALTHIER BY SITTING LESS WITH THE Comfort Workstation



Fighting a sedentary lifestyle by **standing** at the office [2]

Sources:

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- [2] TNO, Sedentair gezond en gezondheids: Lang zitten, een nieuwe bedreiging voor onze gezondheid, 2016
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- [4] Reiff C, Marlett K, Dengel DR. Difference in caloric expenditure in sitting versus standing desks. J Phys Act Health. 2012 Sep;9 (7):1009-11. PubMed PMID: 22971879.
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- [6] CBRE, Healthy Offices Research (conducted by the University of Twente and CBRE), 2017

People spend avg. 7 hrs /day sitting [2]



Why?