

EDUCATION+RESEARCH

# Working Healthier Through A Balance of Movement.



Indiana  
FURNITURE

More and more research shows that movement throughout the workday promotes healthier employees (and businesses!). Height-adjustable options provide an easy and effective way to encourage a combination of sitting and standing, which can lead to increased wellness and productivity.



Sit for more focused work. Stand and let the creative juices flow! Easily move from sitting to standing and back again throughout the day.

Humans weren't designed to sit all day, nor intended to stand all day. This is where sit-to-stand workstations provide the perfect opportunity for movement throughout the day.

### **Create A Healthier Environment.**

With the rise in health and wellness concerns in the workplace, and more studies showing the harmful effects of full-time sitting, providing flexible furniture to outfit employees is critical for their long-term well-being and in maintaining productivity levels. Changing posture and varying movement from sitting to standing, and back again, keeps the body and mind more active and healthy, which can lead to a number of benefits for both the employee and the company.

### **Easily Shift Work Modes.**

Height-adjustable workstations also allow users to easily shift with their work modes. When there is a need for heads-down concentration, many users prefer to sit and focus, while collaborative or creative work can be more conducive while standing. Having this ability incorporated into personal spaces allows individuals to shift seamlessly, without downtime or a loss of productivity.



Canvas + Gesso

That's why we developed a range of styles and height-adjustable models, giving every worker, at every level the flexibility to get up and move throughout the day.

The need for more movement in the workplace is not limited to a specific type of worker or role within the company. It affects the well-being of every individual.

Indiana Furniture offers height-adjustability to span every type of office and work area, even if you already have furniture in place!

Flex the function of your private office with integrated adjustable options from Canvas, Gesso, Jefferson, and Arlington.



Canvas



Gesso



Arlington



Jefferson

Shifting work modes within teaming areas has never been easier!



Canvas + Gesso

Create your own using table lifts or add to a desk with a set-on workstation.



Table Lifts



Height Adjustable Workstations

Visit [www.IndianaFurniture.com](http://www.IndianaFurniture.com) to see our entire portfolio and to infuse more wellbeing into your spaces.

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