



LearnFit
by *ERGOTRON*



education.ergotron.com

NON-DISRUPTIVE PHYSICAL ACTIVITY IN THE CLASS



METABOLIC



INCREASE
HEART
RATE

79
beats/
minute

89
beats/
minute

Significant increase in heart rate from seated to standing work = 10 bpm



BURN
MORE CALORIES

2.6
kcal/
minute

3.3
kcal/
minute

Significant increase in calorie expenditure from seated to standing work = 0.7 kcal/minute



MAINTAIN
INSULIN
EFFECTIVENESS

P to T
106
minutes

P to T
60
minutes

Seated: Peak 152 minutes after lunch
Trough 258 minutes after lunch
Standing: Peak 84 minutes after lunch
Trough 144 minutes after lunch

This study was conducted by Dr. John Buckley at the University of Chester. BBC/University of Chester researchers found that both heart rate and energy expenditure were raised significantly by standing work, and that sit-stand desks are both feasible and effective at reducing sitting time in a work setting.



*You maximize your space. You maximize your effort.
You maximize your time. The LearnFit allows us
to make transitions much faster and much easier
with fewer distractions.*

**Mr. Rhodes, World Geography Teacher
Dr. Kirk Lewis Career & Technical High School, Houston, TX**



MUSCULOSKELETAL



ENGAGEMENT

THE SCIENCE

The best posture is the next posture.

This is the guiding design principle behind LearnFit – keep the body moving and don't be sedentary and static. A standing student's body is constantly making subconscious micro adjustments and is in motion, and this low-level physical activity directly impacts metabolic health – which leads to improvements in student engagement.

In addition, LearnFit is designed to be congruent with Precision Height ergonomic principles, which is very important with so many tablets, laptops and smart phones being used by students.

Healthy metabolism. Healthy performance.

Higher heart rate, increased calorie burn and greater insulin effectiveness translates to more engaged students. "Standing actually improved attention, on-task behavior, alertness and classroom engagement."² This sustained healthy metabolism leads to greater everyday classroom focus, which has a positive effect on cognition and test scores.¹

¹ Institute of Medicine, 2013 (further reading), Centers for Disease Control & Prevention, 2010
² The Impact of Stand-Biased Desks in Classrooms on Calorie Expenditure in Children, Benden, Blake, Wendel, Huber, published in American Journal of Public Health, August 2011



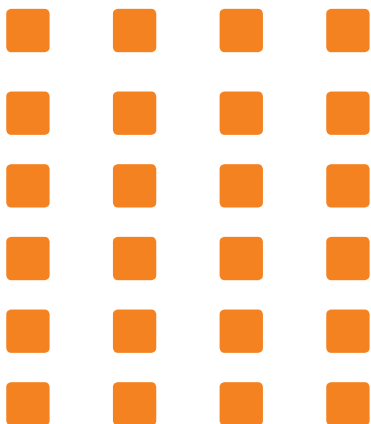
I've noticed that my higher level kids are performing even higher than normal. And my lower level kids are also performing higher as well. Being able to focus in the classroom translates to better comprehension of the material.

Ms. King, Biology Teacher
Lamar High School, Houston, TX

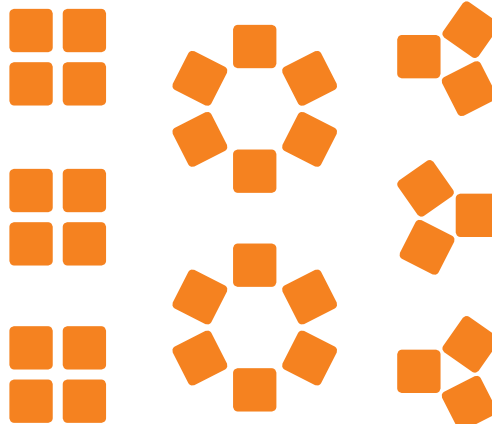
FLEXIBLE PERSONALIZED LEARNING

Create active learning spaces that are responsive to all users and that can accommodate the range of learning styles and pedagogy. LearnFit student desks are designed to be naturally mobile and intuitively height-adjustable. Flexible personalization for today, and easily re-purposed as classrooms and pedagogy evolve.

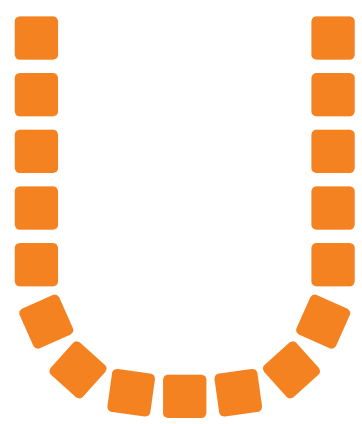
ROWS



GROUPS



INSTRUCTION



KIDS ARE MEANT TO MOVE!



Tablet Slot: Accommodates iPad®, Surface™ Pro and other Windows tablets in portrait or landscape position.

Assembles in 60 seconds



Cup Holder: Maximize your workspace and keep hydrated.



Pencil Tray: Keep writing instruments from rolling around when students are rolling around the classroom.



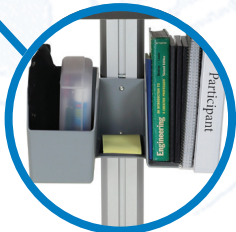
On-Demand Height Adjustment: Students can adjust the height of this standing desk themselves. Just squeeze the handle and move from a standing position to a stool-height stoop.



Backpack Hook: Neatly store backpacks to make desk reconfiguration even easier.



Casters: Reduce the chaos of classroom reconfiguration! Four dual-wheel casters (two locking) for smooth and seamless small group breakouts.



Storage Bin: Holds books, binders and other class supplies.

For more information visit www.JustStand.org/kids

**JUST
STAND
.ORG**

	LearnFit Adjustable Standing Desk	LearnFit Sit-Stand Desk
Part # (color)	24-481-003 (white/silver)	24-547-003 (white/silver)
Weight Capacity	≤ 15 lbs (7 kg)	≤ 15 lbs (7 kg)
Lift	16" (40 cm)	15" (38,1 cm)
Worksurface Height	33.3–49.3" (85–125 cm)	29–44" (73,7–111,8 cm)
Warranty	10 years	10 years

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