



ACHIEVE A HIGHER DEGREE OF WELL-BEING

While college life may be stimulating for the mind, the body suffers. Students are afflicted with back pain and poor health from long hours of sitting. And the reality of freshman weight gain is part of overall poor lifestyle habits at a time when young adults should be cultivating a healthy outlook.

On average, college students spend
72% of their day sedentary¹

1 in 4 freshmen gain at least
5% of their body weight, an average
of about 10 pounds, during their first
semester²

More than **1/2** of young adults
aged 18–24 have at least 1 coronary
heart disease risk factor³

¹Zust, Samantha (2016) *Sedentary Behavior and College Students: Why It Matters Now*, Retrieved from https://lib.dr.iastate.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1100&context=honors_posters

²Warner, Jennifer (2009, July) *Freshman 15: College Weight Gain Is Real*, Retrieved from <https://www.webmd.com/diet/news/20090728/freshman-15-college-weight-gain-is-real>

³Department of Nutrition and Food Sciences, University of Rhode Island, Kingston, RI (2014, March) *Coronary heart disease risk factors in college students*, Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/24616758>



Solve the wellness puzzle with products to create and promote **COMPLETE WELLNESS SOLUTIONS**

1. MOVEMENT

Add movement to increase energy, engagement and efficiency that seamlessly integrates into the workday. Choose the right Sit-Stand solution for the way you work.



Lotus™ Sit-Stand Workstations

Smooth Lift Technology™ for easy height adjustment

Integrated cord management to keep faculty organized

Arrives fully assembled to save school staff time



Levado™ Height-Adjustable Desks

Create flexible areas to collaborate with or without chairs

Addresses needs of diverse student body (ADA compliant height adjustment from 24.2" – 48.5")

2. FLEXIBILITY

Enrich your wellness experience with accessories that encourage daily movement and protect private information for a more dynamic and healthier workspace.



Anti-Fatigue Mats

Promote productive movement and stretching with comfort throughout the day



Privacy Filters

Protect private student information or grades

Eliminate student distraction during tests



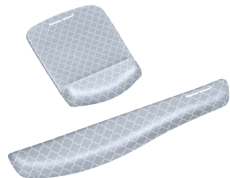
Monitor Arms

Allow students and faculty to position their monitors in an optimal position

Protects from eye, neck, shoulder and back pain

3. ERGONOMICS

Keep employees engaged and productive and help minimize the risk of costly musculoskeletal disorders from long hours in front of the computer.



Wrist Supports

Encourage proper wrist alignment at the computer while keeping germs from spreading with Microban® protection



Back Supports

Helps alleviate lower back pain while sitting for long periods

Microban® antimicrobial protection helps keep product cleaner

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