

High Rise Collection™

*Stand-Up
For
Yourself*

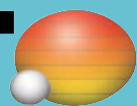


Studies have proven that prolonged sitting is detrimental to your health. Victor's standing desk product line offers innovative solutions to this problem.



INSIDE:
TOP 10 Reasons
You Should Stand
At Work!

VICTOR



TOP 10 Reasons You Should STAND At Work!

Research shows that sitting for prolonged periods of time is detrimental to your health!



- 1. Add 2 Years To Your Life**
Research indicates that sitting more than 3 hours a day cuts your life expectancy by 2 years. Sedentary behavior (referred to as **Sitting Disease**) is in the same category as smoking and obesity.
Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center
- 2. Burn 42 More Calories PER HOUR**
A UK study found the average calories burned while sitting was 2.6 cals per minute compared to 3.3 cals per minute while standing.
Dr. John Buckley - University of Chester
- 3. Reduce Your Risk Of Dying Of A Heart Attack By 46%**
Multiple studies have shown that people who sit for most of the day are 54% more likely to die of a heart attack, no matter how much you exercise or how well you eat.
Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center
- 4. Lower Your Risk Of Cancer**
Studies have linked sitting to a greater risk for colon, breast and endometrial cancers due to increased insulin production from idle muscles.
Charles E. Matthews - National Cancer Institute Investigator
- 5. Reduce Your Back and Neck Pain**
People who sit more are at greater risk for herniated lumbar disks, as well as strained cervical vertebrae in the neck leading to permanent imbalances.
Jay Dicharry - Director of the REP Biomechanics Lab in Bend Oregon
- 6. Get 18% More Work Done**
A study found that an employer who provided employees with good ergonomic furniture and training in how to use it realized about \$367 per day more income per employee (a 17.8 % productivity gain) than did a control group.
Tom Albin - Office Ergonomics Research Committee, Inc
- 7. Be A Better Co-Worker**
The average American spends 55% of waking time in sedentary behaviors. People who stand have a smaller barrier to engage with others in the workplace, thus improving their social and professional relationships.
2008 Vanderbilt University study published in the American Journal of Epidemiology
- 8. Sleep Better**
Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. This can ultimately cause restlessness and lead to loss of sleep.
James Levine - Director of Obesity Solutions at Mayo Clinic
- 9. Lower Healthcare Costs**
A HealthPartners study saw overall health increase with its participants who stood at work, leading to lower projected health care costs in the long run of a business.
JourneyWell - a HealthPartners wellness solution
- 10. Feel Healthier At The End Of The Day**
According to a 2011 study, 75% of people felt healthier overall after standing at work.
2011 HealthPartners Study

DC300

High Rise Sit-Stand Desk Converter

- Transforms any sit down desk into a sit OR stand desk
- Gas strut design allows easy custom height adjustment of both desk and monitor
- Work surface lowers to become flush with desktop level
- Sleek wood construction and a durable laminate coating
- Rear portion of the desk is tapered to fit corner cubicles
- Extra-large work surface for accessories
- Heavy steel base prevents tipping
- No clamp, damage free design



23" L X 28" W
0" to 15.5" Variable Height



DC200

High Rise Adjustable Stand-Up Desk Converter

- Transforms any sit down desk into a stand-up desk
- Gas strut and lever allow for easy custom height adjustment
- Desk surface easily rotates to promote active behaviors
- Sleek wood construction and a durable laminate coating
- Rear portion of the desk is tapered to fit corner cubicles
- Extra-large work surface for accessories
- Heavy steel base prevents tipping
- No clamp, damage free design

* Add The DC050 For A More Ergonomic Workstation



23" L X 28" W
12" to 16.75" Variable Height

DC050

High Rise Monitor Stand

- Ergonomically Designed for use with High Rise Collection™ DC200 and DC100 models
- Works as a stand alone professional monitor riser
- Sleek wood construction and a durable laminate coating
- Optional height extenders add an additional 1" for taller people

* Add The DC050 For A More Ergonomic Workstation



23" L X 28" W
12.5" to 14.5" Variable Height

DC100

High Rise Stand-Up Desk Converter

- Transforms any sit down desk into a stand-up desk
- Optional height extenders add an additional 2" for taller people
- Sleek wood construction and a durable laminate coating
- Rear portion of the desk is tapered to fit corner cubicles
- Extra-large work surface for accessories
- Cutouts on sides give a modern look
- The lower shelf stores books, papers, or accessories
- No clamp, damage free design



11.5" L X 27" W
6.5" to 7.5" Variable Height

What Is The High Rise Collection™?

The High Rise Collection™ is a simple solution to a common workplace problem: too much sitting. Studies show that sitting for prolonged periods of time is detrimental to your health. The High Rise Collection™ offers products that allow users to stand while working. This in turn reduces or eliminates the pain users experience from being hunched over their desks and the negative long-term effects of sitting for long hours.



REASONS

TO BUY A **VICTOR**

HIGH RISE COLLECTION™

STAND-UP DESK CONVERTER

THE
TOP
FIVE

1



Affordable Options For Every Budget

The Victor High Rise Collection™ has a standing desk designed for every work style and every budget.

2



Designed To Fit Any Desk Including Corners

The High Rise Collection™ features a tapered back, allowing them to fit perfectly in corners reducing their footprint on your desk.

3



Designed To Fit In Enclosed Workspaces

Some standing desk options will not work if the rear of your desk is adjacent to a wall or cubicle. The High Rise Collection™ can be placed anywhere on your desk with or without a wall.

4



Full Of Flexibility

The High Rise Collection™ requires no clamping or attaching to the desk, making them damage and worry free. They can also be easily repositioned or moved to another desk without disassembling.

5



Easy To Assemble

The High Rise Collection™ boasts a simple 15-minute or less assembly time, compared to hours with competitive products.

High Rise™ Stand-Up Desk Converters
by **VICTOR**

