

High Rise Collection™

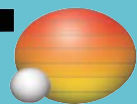
*Stand-Up
For
Yourself*



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!



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

BEST

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

BETTER

* Add The DC050 For A More Ergonomic Workstation



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

* Add The DC050 For A More Ergonomic Workstation



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

GOOD

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



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**

