



Burn 100s of Calories at Work!

With one simple change—**STAND** more

Calories burned by STANDING while you compute	Employee	Company of 1,000 employees
Additional calorie burn per day	184 calories / 0.05 lbs	184,000 calories / 50 lbs
Additional calorie burn per week	920 calories / 0.25 lbs	920,00 calories / 250 lbs
Additional calorie burn per year (225 working days)	41,400 calories / 11.25 lbs	41.4M calories / 11,250 lbs

Assumptions: Based on a 200-pound person standing for 6 out of 8 hours during the workday, 5 days per week, using the general ratio of 3,500 calories per one pound of body fat. Standing calorie burn values based on [Calorie-Burn Calculator](#) found on [juststand.org](#)

Prove it!

Buy a [Fitbit](#) or similar device and measure your calories burned, just like others are doing.

[Chris Freytag](#): “I love my standing workstation—I’m burning 300–500 extra calories by standing all day and my back is SO HAPPY! Small changes can = big results!”

Clare H., major PC company: “My calories burned per day went up by about 400 ... who would have thought such a simple [thing](#) would make such a huge difference?”

Best Way to Stand More

Use an ergonomic standing (Sit-Stand) workstation to see even more payback! Check out the results of this [experiment](#) at HealthPartners. Case studies related to office ergonomics have shown the median productivity increase following an ergonomic intervention is 12–18%. Companies save \$3–6 for every \$1 they invest in wellness (US Centers for Disease Control). People also live longer when they don’t sit so much!

Read more at juststand.org