

SURVEY REPORT:

How I feel AFTER using my Ergotron WorkFit

OBJECTIVE

The purpose of this survey is to identify any measurable impact on an employee's health, productivity and workflow through the integration and use of the Ergotron WorkFit sit-stand workstation.

HIGHLIGHTS

After being given the option to sit and stand while working:

25%	increase standing time to at least 60 minutes per day
60%	report MORE ENERGY
62%	report IMPROVED COMFORT
83%	report feeling BETTER
84%	report feeling LESS FATIGUE

4 people say WorkFit has reduced their time away from the office by 100% and that they now "never leave the office"

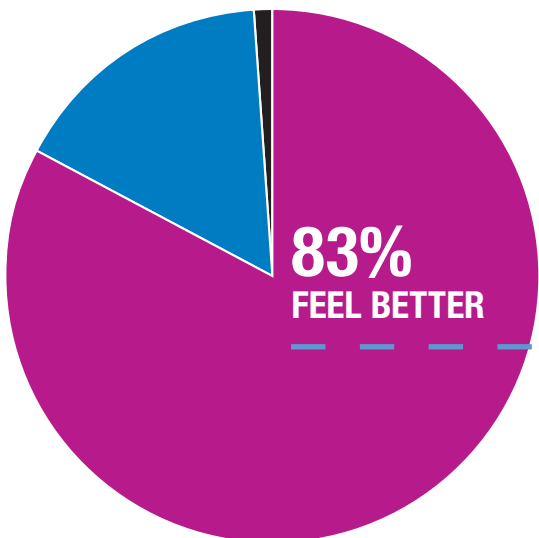
5 people say WorkFit has reduced time away from the office by 75%

5 more people say that they leave the office half as much

33 people claim that WorkFit relieves previous levels of discomfort and has reduced time away from the office

Nearly half report feeling HEALTHIER

Over half report IMPROVED PRODUCTIVITY



DEMOGRAPHICS

Total respondents: 307 individuals and 20 companies worldwide (one-quarter from the Fortune 500)

Prior to using WorkFit, more than HALF report spending at least 30 hours of their work week sitting



female **46%** male **54%**

21 to 29 years **11%**

30 to 39 years **36%**

40 to 49 years **31%**

50 to 59 years **33%**

60 to 69 years **2%**

KEY CONSIDERATION

Dollarize these findings: *what kind of effect will this have on wellness, workflow, productivity and company performance if this is a representative sample of our whole organization?*

"I love having this option! My lower back is getting stronger and I find that I sometimes try to raise up my desk at home—then I remember I can't."

Prepared by

