

Take A Stand And Elevate Your Workspace



We all know that sitting for hours behind your desk is detrimental to health, and experts have long been urging people to stand up and take regular breaks. One of the most popular products to hit the market for reducing prolonged sitting amongst office workers is the sit-stand desk.

The health of any organization is dependent on the wellbeing of its most important asset – its employees. The standing desk study proves that adjustable workstations are an essential part of a workplace that considers the physical, cognitive and emotional wellbeing of its people. Giving people the option for movement throughout their day, provides them with choice and control over their workspace — improving wellbeing and engagement.

Benefits Of Standing At Work

Burns Calories

Standing burns more calories than sitting, even if you simply stand still. The other calorie-burning benefit of standing at work is the shift in your mindset. When you're standing up, you're more likely to keep your mind in "wellness mode."

Improves Posture & Reduce Back Pain

Using a standing desk with proper ergonomics can help you have good posture at the computer. Your monitor should be at eye level, about 20 inches from your face at a 20-degree tilt, while you should bend your arms at 100-degree angles at your sides. Wrists should hover comfortably above the keyboard, with weight shifting between legs.

Keeps Circulation Going

If we look back at human evolution, our bodies were made to move. When we stand, we improve our leg muscles, our balance, and our core strength. We also prevent blood clots from forming in the legs.

Gives You An Energy Burst

In a recent study, a standing desk encouraged workers to spend more time on their feet. Majority of employees felt more productive and 87% felt more energised by spending just an hour of their workday standing. You feel more engaged when you literally "think on your feet."

Helps With Wrist Position

If you use a standing desk, you can keep your arms comfortably bent at a 90-100-degree angle. This is often a more ergonomic position and may even improve your typing speed!

Boosts Your Mood And Focus

Finally, if your workday seems long and you find yourself distracted, standing up can give you a focus and mood boost to increase your productivity. Standing helps us feel healthier, and when we feel well, we're often in a better mood.

Iconic Products



FANTONI

WOODS

The Fantoni Woods collection is a series of office tables designed for the contract market that offers both comfort and aesthetic quality. The collection includes different modules such as focus stations, collaboration spaces, executive and meeting tables, and height-adjustable workstations. The tables are made with solid beech or oak wood, have an electronic mechanism for height adjustment, and a sloped leg design that gives them a simple yet sophisticated look. The modular design enables users to customize the layout according to their specific requirements. Overall, the Woods collection is a versatile and stylish office furniture solution designed to reflect the changing nature of the workplace.

FANTONI

QUARANTA 5

Fantoni's Quaranta5 is a modular office furniture series that includes desks, storage units, and drawer units. The furniture is designed with flexibility and customization in mind, allowing for a range of dimensions and shapes to fit different office spaces. The series also features an electric height-adjustable desk and storage units with a seamless appearance created using the "folding" technique. The Quaranta5 series offers a functional and adaptable solution for modern offices.



JMM

DUAL DESK

The JMM Dual Desk is a functional and stylish desk designed for collaborative workspaces. It features a central dividing panel that can be customized for privacy and separation, with each user having their own sliding top workspace with integrated cable management. The desk is height-adjustable and available in a range of finishes and colors, with optional accessories such as soundproofing and storage solutions. The JMM Dual Desk promotes productivity and teamwork while providing users with a comfortable and customizable workspace.

