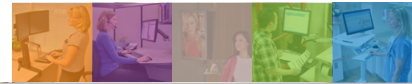


# WorkFit: sit-stand for wellness and productivity

Enjoy standing or sitting as you work, switching positions whenever you choose. This work style encourages healthy movement throughout the day



Ideal for corner workstations, the WorkFit-A clamps to the rear or side of most surfaces. Grommet mount available as optional accessory.



WorkFit-A



Worksurface for WorkFit-A 97-630 (black)

Grommet Accessory for WorkFit-A 97-638



**WorkFit-A, LCD LD**  
Light Duty (polished aluminum)  
24-259-026  
with Worksurface+ 24-274-026



**WorkFit-A, LCD HD**  
Heavy Duty (polished aluminum)  
24-260-026  
with Worksurface+ 24-275-026



**WorkFit-A, Dual**  
(polished aluminum)  
24-257-026  
with Worksurface+ 24-272-026



**WorkFit-A, LCD & Laptop**  
(polished aluminum)  
24-258-026  
with Worksurface+ 24-273-026

## OUR MODERN SEDENTARY LIFESTYLES, BOTH AT HOME AND IN THE WORKPLACE, ARE COSTLY FOR US AND FOR OUR EMPLOYERS

Average hours of seated commute  
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.





Ergotron's WorkFit desks enable an effortless sit-and-stand work style, creating a truly ergonomic platform for prolonged computing. Research shows sitting too much isn't healthy, and standing all day is challenging, but freely moving between these positions throughout the day is best. Choose WorkFit and sit and stand throughout your day!

Ergotron has over 15 years experience in making sit-stand height-adjustable computer systems, and our effortless, tool-free and non-motorized, patented CF height adjustment technology leads the industry.

- ① Patented Constant Force (CF) technology provides easy lift
- ② WorkFit-D accepts optional accessory Underdesk Keyboard Arm (97-582-009)
- ③ Features a spacious worksurface. Add Ergotron LCD and laptop display mounts as needed to accommodate individual workflows
- ④ Listed weight capacity represents total load applied to worksurface. When calculating load, include weights of accessory mounts for keyboard, display(s).
- ⑤ Four leveling glides establish a firm footing and adjust to uneven floors



**WorkFit-PD LCD & Laptop Kit 97-662 (black)**



**WorkFit-PD Dual Monitor Kit 97-663 (black)**



**WorkFit-PD Single LD Monitor Kit 97-664 (black)**



**WorkFit-PD Single HD Monitor Kit 97-665 (black)**



**WorkFit-PD CPU Holder Kit 97-666 (black)**



**WorkFit-PD Cable Management Box and Cable Wrap Kit 97-667 (black)**

**Worksurface Dimensions**

- WorkFit-C: 24"W x 22.8"H (60,6 x 58 cm)
- WorkFit-D: 47.6"W x 23.5"H (121 x 60 cm)
- WorkFit-PD: 31.5"W x 23.5"H (80 x 59,5 cm)



**WorkFit-D Sit-Stand Desk**  
 24-271-926 (light grey)  
 24-271-927 (walnut)  
 24-271-928 (birch)



**WorkFit-PD Sit-Stand Desk**  
 24-280-085 (black)



Explore WorkFit  
Wellness at the Workspace  
[cubelife.ergotron.com](http://cubelife.ergotron.com)

- Easily and simultaneously lift keyboard and LCD screen to proper height for unsurpassed ergonomic comfort
- Patented Constant Force lift technology provides fluid, one-touch adjustments of the keyboard and monitor positions for personalized computing
- Mobile configuration brings flexibility into the workspace. Easily moves through small doorways and over thresholds for collaborative meetings
- Telescoping lift engine provides height adjustability without blocking the line of sight
- IT deployment friendly—set aside several fully equipped WorkFits for temporary workers, unassigned workstations or telecommuter work pods; roll to the place of need (easily stored and ready to roll)



## BATTLE of the SEXES?



Average time spent each week working in front of a computer or via mobile device	
<b>27 hours</b>	<b>23 hours</b>
Wish they had some type of adjustable workstation available to them	
<b>71%</b>	<b>64%</b>
Have sought medical care due to discomforts caused by their working environment	
<b>27%</b>	<b>21%</b>

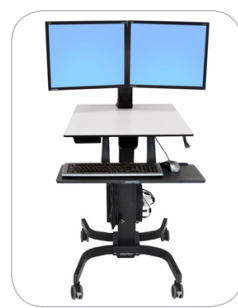
For more information about the Ipsos survey or how the research was conducted visit <http://bit.ly/dcx453>



**WorkFit-C, LCD LD**  
Light Duty  
24-215-085 (black)



**WorkFit-C, LCD HD**  
Heavy Duty  
24-216-085 (black)



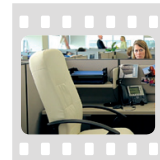
**WorkFit-C, Dual**  
24-214-085 (black)



**WorkFit-C, LCD & Laptop**  
24-213-085 (black)

## The science behind the need to stand

- A January 2010 British Journal of Sports Medicine article suggests that people who sit for long periods of time have an increased risk of disease.
- An American Cancer Society study of 120,000 adults, published in the July 2010 American Journal of Epidemiology, suggests that the more people sit, the shorter their average life span. What's more, the findings were independent of physical activity level such as people who exercise outside of work.
- A 2010 University of Queensland, Australia study found that even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.



See "The Office Breakup" movies. [ergotron.com](http://ergotron.com)



See "The Uprising: Just Stand!"  
movies.ergotron.com



Worksurface for WorkFit-S  
97-581-019 (black)



Tablet/Document Holder  
for WorkFit-S  
97-558-200 (black)  
Includes lift handle



Large Keyboard Tray for  
WorkFit-S  
97-653 (black)

Deep Keyboard Tray for  
WorkFit-S  
97-651 (black)



Hinged Bow for WorkFit-S  
97-583-009 (black)

Grommet Mount for  
WorkFit-S  
97-649-085



**WorkFit-S, LCD LD**  
(black and polished aluminum)  
Light Duty 33-342-200  
with Worksurface+ 33-350-200



**WorkFit-S, LCD HD**  
(black and polished aluminum)  
Heavy Duty 33-344-200  
with Worksurface+ 33-351-200



**WorkFit-S, Dual**  
(black and polished aluminum)  
33-341-200  
with Worksurface+ 33-349-200



**WorkFit-S, LCD & Laptop**  
(black and polished aluminum)  
33-340-200  
with Worksurface+ 33-348-200

## The benefits of reducing sedentary behavior:

### For Computer Users

- Promotes healthy movement throughout your day
- Instantaneous, tool-free positioning
- Personalized computing; unsurpassed ergonomic comfort

### For HR/Risk Management and Company Cost Savings

- Reallocation of wellness dollars—take control
- Keep employees happy and healthy
- Influence productivity increases

### For IT and Facilities Staff

- IT deployment friendly
- Facilities friendly
- Safe and neat routing of cables
- Flexible, open-architecture design



Meet the complete WorkFit family at [workfit.ergotron.com](http://workfit.ergotron.com)

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle. However, The Centers for Disease Control (CDC), American Medical Association (AMA) and general medical community do not recognize the term "sitting disease" as a diagnosable disease at this time.

Ergotron devices are not intended to cure, treat, mitigate or prevent any disease.

#### Americas Sales and Corporate Headquarters

St. Paul, MN USA  
(800) 888-8458  
+1-651-681-7600  
[www.ergotron.com](http://www.ergotron.com)  
[sales@ergotron.com](mailto:sales@ergotron.com)

#### EMEA Sales

Amersfoort, The Netherlands  
+31 33 45 45 600  
[www.ergotron.com](http://www.ergotron.com)  
[info.eu@ergotron.com](mailto:info.eu@ergotron.com)

#### APAC Sales

Tokyo, Japan  
[www.ergotron.com](http://www.ergotron.com)  
[apacustomerservice@ergotron.com](mailto:apacustomerservice@ergotron.com)

#### Worldwide OEM Sales

[www.ergotron.com](http://www.ergotron.com)  
[info.oem@ergotron.com](mailto:info.oem@ergotron.com)

