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Thanks in advance for partnering with VARIDESK.

**WHY STAND
WITH VARIDESK?**



**HAPPIER, HEALTHIER
EMPLOYEES** ^(1,4)



**46% PRODUCTIVITY
BOOST** ⁽⁷⁾



**LOWER HEALTH
CARE COSTS** ⁽⁸⁾



SIT-STAND DESK USERS ENJOY HEAD-TO-TOE BENEFITS

HEALTH

- Lower risk of heart disease, diabetes and other chronic illness ^[1]
- Use more muscles and burn more calories ^[2]

MOOD

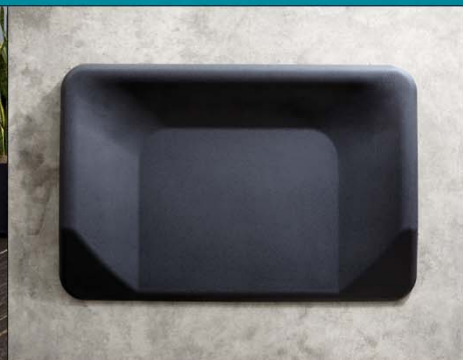
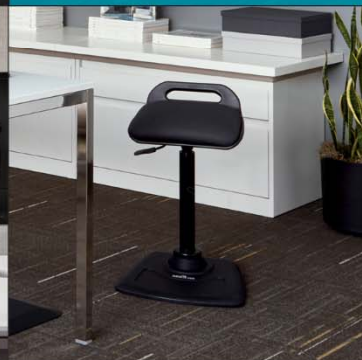
- Better stress management ^[3]
- Lower risk of depression ^[4]

PAIN MANAGEMENT

- Relief from back and neck pain ^[5]
- Lower risk of musculoskeletal disorders ^[6]

WORK PERFORMANCE

- Increased productivity and creativity ^[7,8]
- Better energy, focus and attention ^[9,10]



SIT STAND DESKTOPS

- No installation necessary
- Arrives fully assembled
- A variety of sizes and models available

MONITOR ARMS

- Position displays for comfort
- Single and dual screen options
- VESA-standard compatible

ACTIVE SEATING

- Engages leg, back and core muscles
- Sit or lean against when standing
- Promotes good posture

ANTI-FATIGUE MATS

- Comfort for the feet, knees, hips and back
- High-density core and non-slip bottom
- A variety of sizes and styles available

[1] Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis. *Diabetologia*.
 [2] Difference in caloric expenditure in sitting versus standing desks. *Journal of Physical Activity and Health*.
 [3] Do sitting, standing or treadmill desks impact psychobiological indicators of work productivity? Centre for Research on Exercise, Physical Activity and Health, The University of Queensland, Australia.
 [4] Cross-sectional associations between sitting at work and psychological distress: Reducing sitting time may benefit mental health.
 [5] Impact of a Sit-Stand Workstation on Chronic Low Back Pain. *American College of Occupational and Environmental Medicine*.
 [6] Preventing musculoskeletal disorders in the workplace. *Protecting Workers' Health Series No. 5*; World Health Organization.
 [7] Call Center Productivity Over 6 Months Following a Standing Desk Intervention. *Texas A&M Health Science Center School of Public Health*.
 [8] Get Up, Stand Up: The Effects of a Non-Sedentary Workspace on Information Elaboration and Group Performance. *Social Psychological and Personality Science*.
 [9] Do sitting, standing or treadmill desks impact psychobiological indicators of work productivity? Centre for Research on Exercise, Physical Activity and Health, The University of Queensland, Australia.
 [10] VARIDESK Fall 2015 Customer Survey; N=2892.