

OUT-STANDING PERFORMANCE

A SIMPLE GUIDE TO
STANDING OFFICE DESKS

GOMINIMALISTOFFICE.COM



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Introduction

Let's be honest: everyone wants to be healthy. We all aspire to create fitness goals that we tend to achieve. The problem is that it is simply not possible for everyone. There are a lot of people with really hectic schedules, making it challenging to go to the gym every day. There are even some of us who still don't have time to do simple workouts at home! It's a sad reality.



The Health Risks of Sitting All Day!

What's even sadder is the fact that most of the people who don't have the time to workout have a sedentary lifestyle. A massive chunk of the modern world's working population is stuck seated all day in front of monitors. If you think the only consequence to that is a bigger waistline, then think twice because there are other health risks, including:

Weaker lower body muscles: Our legs and thighs do a lot of work to support our body and carry the weight—bones and muscles both. However, if you don't use these muscles every day because they're not required to do it most of the time, then eventually they'll get weaker and make you more prone to injury.

- **Weaker Hips and Back:** Do you know which part of the body is not required to support your weight throughout the day? That's right, your hips and your back, but unfortunately, sitting all day will force them to do such. What's more is that if you don't sit in the proper posture or you don't use ergonomically designed chairs, then the repercussions can be even greater by putting your spine at risk of premature degeneration.
- **Mental Health Issues:** There are not a lot of research done yet that will point out why sitting all day can cause anxiety and depression, but there are some studies already closely linked to the duration of how long you're seated in a day to how much your risk of getting anxiety and other mental issues increased. This has also been published in an article in [Psychology Today](#).
- **Heart Disease:** Another health concern that is not just brought about by simply sitting all day, but more because of inactivity, is the increased risk of acquiring heart disease. It was also mentioned in the article mentioned above, as well as the next ailment.
- **Diabetes:** Just to drive the point home on how detrimental to our health sitting at a desk all day is, then it's interesting to know that it was also mentioned at [Harvard Health Blog](#). In fact, they highlighted that staying sedentary can also increase the risk of acquiring diabetes too.
- **Pain:** Heart disease, diabetes—yes, they are quite scary, but one health issue that can severely impact the quality of one's life is a pain. The sad thing is, sitting combined with typing all day and staring at a computer monitor can cause neck, back, shoulder, and other pains.

Sitting allows our body to be more restive and comfortable, especially during long work hours. We know how stressful it can be to stand all day with both your feet and legs hurting. We cannot deny, though, the charm of having more physical activity.

Thus, in this eBook, we are going to learn just that. We are going to feature the revolutionary change that standing desks can give your life, what it is, how to set up a standing desk work station, and more. Let's get started!

Chapter 1: The Joy of Standing

It can be comfortable to just lounge on a cozy couch and curl up with a book and a warm cup of coffee. It's great to be able to sit back and relax every once in a while, but we think we have learned more than enough from the introduction that sitting all day is not ideal if we want to live long. This is the reason we are proposing to you a drastic change of work setup, and that's to get a standing office desk.

We've already talked about health risks, so for a change, we are going to talk about the health benefits of using a standing office desk. Aside from that, we are also going to discuss how it affects your productivity.

The Health Benefits of Using a Standing Office Desk

Here are the different health benefits of using a standing office desk for work:

- **Encourages Weight Loss:** It's not a big secret that we can burn more calories while standing and moving around than just staying still and sitting down. This is also one of the major reasons behind the next health benefit.
- **Helps Lower the Risk of Heart Disease and Diabetes:** For each extra calories we burn each day, we also lessen the risk of us getting sick from these major killers. In fact, according to a study published in the journal, [Occupational and Environmental Medicine](#), it was found out that office workers who remain standing for three hours after they've had their lunch have significantly reduced their blood sugar spikes by a whopping 43% compared to their coworkers who went back to sit behind their work station.
- **Cheers People Up:** If sitting all day can dampen the mood and even cause mental health issues, then you would be pleased to learn that a [study](#) reported that office workers who tried out standing desks for a week reported that they went through less stress and fatigue. This not only improved their mood, but it can potentially lower the risk of developing mental health issues.

- **Say Goodbye to Pain:** Lastly, to those who are suffering from back pain and stiff neck and shoulders, then you should definitely try working on a standing desk. The change of pace can help you be more active, stretch out your limbs, and work your muscles better, which can then free you from pain.

If we can say one thing about pain, it's that it certainly hampers one's productivity. Here's the question, though: *"Can using a standing desk really impact on one's productivity, and how? Would it be for the better or the worse?"* Let's find out.

Standing Desk Use and Productivity

One of the most common concerns we hear when people ask us about standing office desks is the question of productivity. *"Wouldn't employees get tired from standing and because of that, would they become less productive?"*

The answer is no, they won't. They will even get more productive owed to three major reasons. First, as what we have mentioned above, using a standing desk can improve one's mood and lessen their fatigue (contrary to popular belief). Another reason is that it makes a person significantly healthier. This means that there will be fewer days of calling in sick from work in the long run.

Finally, increased physical activity, even if it's just as simple as switching from sitting all day to standing all day, can improve someone's energy levels and stamina. This means that you'll have more juice to take on and accomplish more tasks.

We understand that some of you might be worried that standing might hamper your daily tasks such as typing, but the truth is, it won't. There's really not much of a change happening on how your upper body works.

Sure, it might take some time to get used to it, but after that short learning curve, you'll be all set. Most people who made the switch were happy that they did and have declared they are not going back to sitting all day.

Chapter 2: Standing Office Desks 101

So we've talked about the benefits of having a standing desk along with some other helpful information in the previous chapter, but we really didn't delve in to focus on the standing desk per se, right? Don't worry, in this chapter we are going to talk about what a standing desk is, the different types of standing office desks, and finally which one of them you should get.



What Is a Standing Desk?

Let's start by defining what a standing desk is. As the name suggests, it is similar to your regular office desk with a single major difference, which is their height. A standing desk has taller legs that allow the surface to reach a height where a person can comfortably use it while standing completely upright. You shouldn't be stooping down or reaching up. It's important to get the height just right in order to maximize the benefits of using it.

Different Types of Standing Office Desks

The different types of standing office desks are:

- **Fixed Standing Desk:** This is the type of standing desk which comes in a set height. It is usually more affordable compared to other full standing desks (we're going to talk more about this in a bit), and some people prefer them because they come with multiple storage shelves.
- **Adjustable Standing Desk:** As the name suggests, this type of standing desk can be adjusted. It can serve as a regular desk, then, when you see fit, you can simply adjust it to lift it up to your preferred height. We personally prefer this type of standing desk since it can match any person regardless of their height.

This type of standing desk can further be broken down into two further subtypes namely hand-crank adjustable standing desks and powered standing desks. The only thing that separates them from each other is their height adjustment mechanism. The first type is operated manually, while the second type is electrically powered.

- **Exercise Desks:** This takes "*being physically active even while at work*" to a whole new level. That's because this type of desk is both a standing desk and an exercise machine. There are currently two options so far: one that comes with a treadmill, and the other, a stationary bike. Obviously, this is also the most expensive of all standing desks since you're also paying for the exercise machine.
- **Sit-to-Stand Adapter:** Finally, we have this equipment that is not really a full standing desk. It's a platform that you can put on top of an existing regular office desk where you can place your work equipment to make them easier to access while standing.

It is not actually a "*desk*". You can even liken it to a breakfast tray. As such, the sit-to-stand adapter is actually the most affordable option in this list.

Which One Should You Get?

For absolute beginners who just want to try a standing desk out, you can choose a sit-to-stand adapter first. In this way, you can get a feel of it, but you're not going to invest a lot of money (and precious foot space) for another full-sized desk.

Speaking of full-sized desks, if you're already committed to the change and you have already gotten the hang of it, then the most affordable option is a fixed standing desk. If you want to switch between sitting and standing, then we recommend getting a chair with an adjustable height like a bar chair. You can keep it close and sit on it whenever you want to take a quick break from standing.



On the other hand, for those who really want to push their limits or simply for those who experience sudden bursts of inspiration while they're on the move, then you can get an exercise desk instead. You will probably be spending a significant amount, but if you really think about it, you're getting two pieces of equipment in one! It's far from being the worst deal.

In the end, what we recommend most is to get an adjustable standing desk. You can sit when you want to and adjust the height of your desk whenever and how much taller you prefer.

Chapter 3:

Standing Office Desk Use and Maintenance

How is your standing desk hunt going? We hope that the previous chapter helped you determine the option, which best suits your needs and preferences. Anyway, once you have your standing desk already, please use this chapter as a guide.

In this section, we are going to discuss how to adjust the height of your standing desk, how to set it up, and finally, how to care for it.

Getting the Right Height

We have highly recommended getting an adjustable standing desk, so if that's what you took home, then thank you for putting your faith in us. In return, please allow us to share with you a quick guide on how to get the height exactly right. Here are the steps:

1. **Stand Properly:** Place your feet flat on the ground and imagine that there's a thread holding your head up high. Make sure you're not straining your neck and you're comfortable. Also, don't slouch; instead, relax your shoulders. Once they are relaxed, pull them back slightly. That's the proper way of standing up straight.
2. **Position Your Elbows at a Right Angle:** You can either ask for someone else's help from here or just adjust the height yourself by gauging the height that will allow your elbow to rest in this angle comfortably.
3. **Adjust Your Standing Desk:** The easiest way to do this is to ask another person to adjust the height of the desk until it almost touches your elbow's height, still keeping the right angle we've mentioned earlier.

Voila! Your standing desk is now in its proper height. Time to set-up your new work station.

How to Setup Your Standing Office Desk

First, make sure your monitor is at your eye level since you don't want to strain your neck by looking at your monitor from an angle. List the essentials that you need for work, including your keyboard and maybe some pen and paper. Some of us might not be able to live through the day without their cup of coffee within arm's reach while some of us will be lost without the help of a few digital devices.



Make a list of these items and once you're done, assemble your desk with only the things on your list. A standing desk can't be cluttered, so arrange your supplies on your desk in a semicircle with your keyboard at the middle and the other supplies arranged in both of its sides. The intention is to have everything just within your reach instantly.

We don't advise you to put fragile things on top of your standing desk if you can't secure them properly. Remember, you are going to move more now that you are standing so it's more likely that you will spill over your coffee on a standing desk when compared to using a regular office desk.

Taking Care of Your Standing Office Desk

Finally, since we see that you are already enjoying using your new standing desk, why don't we talk about how to take care of it so that it lives long? Here are some tips:

- **Know the material that your desk was made from.** This will dictate how you are going to clean your desk. After all, these materials react differently to cleaning agents. If you're unsure about something, the best way to do it is to choose a gentle cleaning solution and plus points if you get one with no ammonia or bleach.
- **Don't get it too wet while cleaning.** Put your cleaning solution in a bowl. Dip a clean rag into it and use it to wipe down your standing desk. You want to focus on dirtier areas as well by rubbing it with your rag carefully (so as not to scratch your desk with it). After that, wipe your cleaning desk with a dry absorbent towel or paper towels. Don't allow excessive moisture as it can damage the table or cause microbial growth.
- **Don't expose it to extreme temperatures and too much sunlight.** Depending on the material of your desk, leaving it at the side of a window that always gets too much sun can fade the surface of your standing desk. Using heat on it (especially to dry it out) is not a good idea as well.
- **Clean it regularly.** If something spilled on your standing desk, then you'd want to deal with it immediately to avoid staining.

By following the tips we have shared with you above, we are confident that you can use and care for your chosen standing desk for a long time.

Conclusion

We have finally reached the last section of our eBook. We hope that you have found it informative and enlightening. Since this topic is very dear to our hearts, we have also dedicated [an entire website](#) for it, so please check that out as well.

Let's Talk About Chairs

Anyway, as a parting gift for reading until the end, we are going to leave you with a few more tips, but this time, about the different types of chair which will go perfectly with your new desk. Remember, you are not going to be standing all day.

An ideal work day would be switching between standing up and sitting down at regular intervals. It is only up to you to determine how long those intervals are going to be. Hence, for sitting arrangements, might we suggest the following?

- **An Exercise Ball:** *Don't have the money to invest in an exercise desk?* No problem; you can get an exercise ball for a chair instead. In this way, you can exercise your body not just while you're standing but also while you're sitting.
- **A Bar Stool:** This type of chair is not what you'd call ideal and it's not exactly the comfiest option either. However, if you really want to get one with an adjustable height, then we recommend going for a piece with a backrest.
- **Any Ergonomically-Designed Office Chair:** This will perfectly suit your standing desk by providing comfort and adequate support to your back. You can minimize the potential damage of sitting all day in the first place.

Anyway, we hope that you enjoy your standing desk. With all the tips and information we provided, we also hope that you have set up your desk according to your needs and preferences. Stay healthy!

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