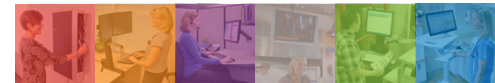




# WorkFit: sit-stand for wellness and productivity

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



## WorkFit for Apple® The nature of work is becoming a bit more natural

Sit down. Stand up. Move around a bit.  
Appreciate the creative freedom a WorkFit  
station brings to your life. Not to mention  
the ways it can positively benefit your  
health, from burning extra calories to  
improving posture.



WorkFit-P, for Apple  
(aluminum construction)  
24-408-227



WorkFit-A, for Apple  
(aluminum construction)  
24-414-227



## WorkFit sit-stand workstation solutions

The WorkFit-D Sit-Stand Desk features a spacious workspace and patented Constant Force (CF) technology for an easy lift. It also accepts Ergotron's optional Underdesk Keyboard Arm (97-582-009) and various display mounts for enhanced workflow efficiency. Four leveling glides establish a firm footing and adjust to uneven floors.

Top view of workspaces for WorkFit-C, D and PD

**C** 24"W x 22.8"H (60,6 x 58 cm)

**PD** 31.5"W x 23.5" (80 x 60 cm)

**D** 47.6"W x 23.5" (121 x 60 cm)



## WorkFit-PD Accessories



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



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



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

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

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

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

Turn an ordinary surface into an ergonomic workstation solution. The WorkFit-B lets you attach an existing desktop surface onto an LD (Light Duty) or HD (Heavy Duty) base to provide a healthier way to work.



**WorkFit-B  
Sit-Stand Base LD**  
24-387-200 (black)



**WorkFit-B  
Sit-Stand Base HD**  
24-388-009 (black)



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



**WorkFit-PD Sit-Stand Desk**  
24-280-926 (light grey)  
24-280-927 (walnut)  
available Americas, APAC  
24-280-928 (birch)



## Defining the Problem

What workers said – June, 2013

Awareness of sitting disease	<b>7%</b>
Belief that excessive sitting = early death	<b>74%</b>
Those who feel at risk of sitting disease	<b>48%</b>

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



**WorkFit-P**  
(polished aluminum/black)  
24-383-026



**WorkFit-A**  
(polished aluminum/black)  
Single LD 24-313-026  
Dual 24-312-026



**WorkFit-A with Worksurface+**  
(polished aluminum/black)  
Single LD 24-317-026  
Single HD 24-314-026  
Dual 24-316-026



**WorkFit-A with Suspended Keyboard**  
(polished aluminum/black)  
Single LD 24-390-026  
Single HD 24-391-026  
Dual 24-392-026



See "The Office Breakup" movies.ergotron.com



**WorkFit Convert-to-LCD & Laptop Kit from Single HD 97-605**

This kit converts a WorkFit-C or WorkFit-A Single HD Workstation into a WorkFit LCD & Laptop Workstation

**WorkFit Convert-to-LCD & Laptop Kit from Dual Displays 97-617**

This kit converts a WorkFit-S, WorkFit-C or WorkFit-A Dual Workstation into a WorkFit LCD & Laptop Workstation

## The science behind the need to stand

- The American Medical Association (AMA) agrees that sitting for extended periods of time can be bad for personal health. Their newly adopted policy recommends business organizations offer sitting alternatives, including standing desks.
- A recent study published by the CDC (Centers for Disease Control) indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting. Sit or stand, instantly, while remaining effectively engaged with your computer.
- A 2010 University of Queensland, Australia study found that even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.

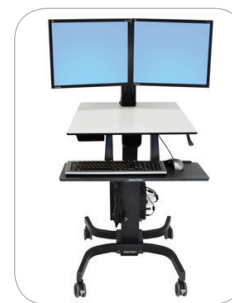
Improve energy and productivity with the ergonomic WorkFit-C. Sit and stand throughout the workday to experience computing comfort and better health. Patented Constant Force lift technology provides fluid, one-touch adjustments of the keyboard and monitor position. Its small footprint and mobility brings productivity with flexibility into any workplace.



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



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



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



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



**WorkFit Convert-to-LCD & Laptop Kit from Dual Displays** 97-617  
This kit converts a WorkFit-S, WorkFit-C or WorkFit-A Dual Workstation into a WorkFit LCD & Laptop Workstation



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



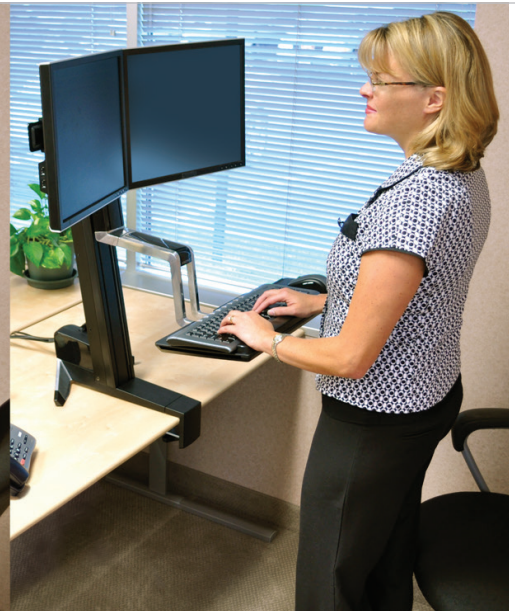
**Large Keyboard Tray for WorkFit-S**  
97-653 (black)

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



**WorkFit-S, Single 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



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

## 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.

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