



**ALPHABETTER® STAND-UP DESK**

TAKING TODAY'S CLASSROOMS TO NEW HEIGHTS.

# WHY STAND-UP?

Studies conducted by the National Education Association show that the brain operates best when the body is attentive and engaged. There is a direct correlation between student performance, ergonomics and physical activity. Active learning is better learning, and featuring ergonomically sound furniture in the classroom is essential, especially today with all of the added time students spend in sedentary positions.

NEAtoday.org



## WHY AREN'T KIDS MOVING ENOUGH?

### LOSS OF PHYSICAL EDUCATION IN SCHOOLS

**4%** Elementary Schools  
**8%** Middle Schools  
**2%** High Schools  
PROVIDE DAILY PHYSICAL EDUCATION

&

### INCREASE IN SEDENTARY ACTIVITIES AT HOME

**7.5**  
HOURS/DAY  
IN FRONT OF A SCREEN

U.S. Department of Health and Human Services

2010 survey by Kaiser Family Foundation – Generation M2:  
Media in the Lives of 8-18 Year Olds

## A DAY IN THE LIFE OF THE AVERAGE STUDENT



**SITTING**  
eating  
breakfast

+



**SITTING**  
riding  
to school

+



**SITTING**  
while at  
school

+



**SITTING**  
eating  
lunch

+



**SITTING**  
doing  
homework

+



**SITTING**  
eating  
dinner

+



**SITTING**  
working on  
computer

# FALLING ASLEEP IN HISTORY CLASS IS HISTORY

"We found that by using a standing desk, caloric expenditure increased significantly. Using a standing desk may be a great way to increase physical activity in children."

*Journal of Physical Activity and Health, 2012, Difference in Caloric Expenditure in Sitting Versus Standing Desks, Christopher Reiff, Kara Marlatt, Donald R. Dengel*



## WHY STANDING IS THE SOLUTION:

\*HEALTHY-WEIGHT KIDS BURN BETWEEN 15-25% MORE CALORIES AT STANDING DESKS THAN AT SITTING DESK

\*OBESE KIDS BURN BETWEEN 25-35% MORE CALORIES AT STANDING DESKS THAN AT SITTING DESK

\*Standing may help prevent orthopedic degradation & dysfunction including back and neck pain, repetitive stress injuries, pelvic floor dysfunction and knee & hip disorders.

Teachers may also see ergonomic benefits because they do not need to bend at the waist to work with their students.

# PHYSICAL ACTIVITY AND LEARNING ARE CONNECTED

Standing desks create the foundation for a movement-rich environment, and as one researcher put it, *physical activity is cognitive candy*.

*Dr. Mark Benden - Texas A&M*

POSITIVE EFFECTS OF STANDING DESK CLASSROOMS INCLUDE:



GREATER STUDENT ENGAGEMENT



IMPROVED TEST SCORES



GREATER CREATIVITY



IMPROVEMENT IN CLASSROOM BEHAVIOR

"The desk gives students the opportunity to move, be more focused and comfortable. When you achieve this, you automatically have students learning more."

*- Dr. Robert Weaver, Weaver Center, Wayland MA*

## ALPHABETTER®: THE ANSWER TO YOUR CLASSROOM NEEDS

In conventional classrooms, all teachers can do to aid their students is to ask them to "sit up straight and pay attention." With the AlphaBetter® Desk, students have the option to sit, stand or alternate between the two, as well as the opportunity to use the swinging footrest/fidget bar to redirect fidgeting behavior, and expend energy.

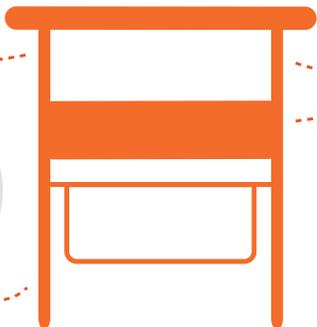
In AlphaBetter classrooms, students receive the postural support they need to focus on instruction so teachers can teach with fewer interruptions.

Creates an active classroom environment

Facilitates focus and burns more calories

Empowers students to live healthier

Allows students to stand, move and fidget





**FEEL EMPOWERED  
WITH THE CHOICE  
TO SIT OR STAND**

FOR MANY STUDENTS, EVERYDAY CLASSROOM LIFE INVOLVES TRYING TO SIT STILL, WHICH DISRUPTS LEARNING. WITH THE ALPHABETTER® DESK, STUDENTS ARE ABLE TO STAND UP DURING THE SCHOOL DAY AND MOVE WITHOUT BEING A DISTRACTION TO THEIR CLASSMATES OR TEACHERS, WHILE POTENTIALLY IMPROVING THEIR CONCENTRATION.

## **FLEXIBILITY**

**PERFECT FOR  
GRADES 3 - 12  
WITH ADJUSTABLE  
HEIGHT FEATURES**

**LARGE DURABLE  
WORK SURFACE  
FOR GROUP OR  
INDIVIDUAL WORK**

**STAND-UP DESKS  
ADJUST TO FIT HEIGHT  
OF STUDENTS WHILE  
SITTING OR STANDING**



# ALPHABETTER® FEATURES



Giving students the chance to move while they work on projects, papers and test-taking has many advantages. Studies have shown that moving may help increase academic abilities and facilitate learning, and that fidgeting may help burn calories. The AlphaBetter® Swinging Pendulum™ Footrest (fidget bar) can enable students to keep moving while redirecting fidgeting behavior, expending energy and staying focused on classroom activities.

## DESKTOP

Large, durable work surface is great for group or individual work. The desktops are available in two sizes to fit any classroom needs, and comes with the choice of a Standard or Premium top. Both tops are extremely durable, and impact and chemical resistant.

## PENCIL GROOVE

Keep pencils and pens from rolling away with the Tri-Perimeter Pencil Groove.

## BOOK BOX (OPTIONAL)

Add the extra deep Book Box for students to store their school supplies or personal items.

## BOOK SHELF

Keep school supplies and personal items within easy reach.

## STOOL TOP

Tops available in Black or Beige. Top is MDF with laminate. Heat, moisture and impact resistant.

## ADJUSTABLE-HEIGHT STOOL

The AlphaBetter® Stool is the perfect substitute for standing. The stools adjust in 1/4" increments just like its companion, the AlphaBetter Desk. The AlphaBetter® Stool allows students to sit and still use the patented Swinging Pendulum™ Footrest Bar (fidget bar).



## ADJUSTABLE-HEIGHT

Teachers and other adults can easily adjust the height in 1/4" increments to fit the heights of students in grades 3 - 12, and for various heights within a classroom. It can also move with students as they grow.

## WIDE BASE

The specially designed wide-angle base of the stool is virtually tip-resistant, even for the most avid learners.

1205BL

## GLIDES

Metal swivel glides make the desk and stool easy to move across carpeted and smooth surfaces to easily reconfigure the classroom.

1202BE



## FOOTREST BAR (FIDGET BAR)

The patented Swinging Pendulum™ Footrest Bar (fidget bar) is noise-free, encouraging students to fidget without distracting others. The bar easily flips up for cleaning clearance. It can also be used with the AlphaBetter® Stool.

Patent Nos.  
8061278 & 8291833  
ZL 2009 8 0101892.1



# DESK SPECIFICATION

- STANDARD WORK SURFACE:** 28"W x 20"D or 36"W x 24"D  
5/8" thick MDF with Thermoplastic Laminate
- PREMIUM WORK SURFACE:** 28"W x 20"D or 36"W x 24"D  
3/8" thick Phenolic
- BASE:** 26"W x 22"D footprint  
1" square powder coated 16 gauge welded steel construction  
Nylon leveler feet
- HEIGHT ADJUSTMENT:** 26" to 42"  
Height range is above industry standard
- LOWER SHELF:** 26"W x 8"D  
1/4" thick Phenolic storage shelf
- PATENTED SWINGING PENDULUM™ FOOTREST BAR: (FIDGET BAR)** 5/8" diameter tube, 20"W footrest area  
Patent Nos. 8061278 & 8291833  
ZL 2009 8 0101892.1
- BOOK BOX: (OPTIONAL)** 22"W x 15"D x 4 3/4"H  
Extra deep, steel storage box



- ALPHABETTER® DESK (28 X 20" TOP)** 1201BE - Standard Top, Beige - without Book Box  
1202BE - Standard Top, Beige - with Book Box  
1203GR - Premium Top, Gray - without Book Box  
1204GR - Premium Top, Gray - with Book Box
- ALPHABETTER® DESK (36 X 24" TOP)** 1206BE - Standard Top, Beige - without Book Box  
1207BE - Standard Top, Beige - with Book Box  
1208GR - Premium Top, Gray - without Book Box  
1209GR - Premium Top, Gray - with Book Box

### DESK TOP SWATCHES



Standard Top Beige (BE)      Premium Top Gray (GR)

**STANDARD TOP:** 5/8" thick traditional style in MDF (medium density fiberboard) with durable 3D Rigid Thermoplastic Laminate, which is fire, chemical and impact resistant.

**PREMIUM TOP:** 3/8" thick Phenolic (hard, dense composite material; industrial laminated plastic) is fire, chemical and impact resistant for superior durability and offers a slim modern profile.

# STOOL SPECIFICATION

- SEAT:** 13"W x 13"D  
5/8" thick MDF (medium density fiberboard) with durable 3D Rigid Thermoplastic Laminate, which is fire, chemical and impact resistant.
- BASE:** 1 1/4" square powder coated 16 gauge welded steel construction  
Metal swivel glides
- HEIGHT ADJUSTMENT:** 21 1/2" to 35 1/2"

- ALPHABETTER® STOOL** 1205BL - Black Seat  
1205BE - Beige Seat

### STOOL TOP SWATCHES



Black (BL)      Beige (BE)





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