

Stand up and lose weight!



LINAK® 
WE IMPROVE YOUR LIFE

Why it is important to use your sit-stand desk!

A desk job is the everyday norm for most of us. However, neither our bodies or our physiques are made for inactivity. Studies show that sedentary behaviour slowly leads to lifestyle related diseases. Using a sit-stand desk can significantly reduce sedentary behaviour, decrease the risk of lifestyle related diseases and increase daily well-being.

Studies show:

- That if you stand up for 2 hours during your working day, **your metabolism burns an additional 20,000 calories** annually, which is equal to 6 marathons!
- That you can **improve your posture and reduce discomfort related to back- and neck pains** by varying your position while working
- That you can **improve your energy and efficiency and increase your focus** by standing up while working
- That employees who use sit-stand desks are **71% more focused, 66% more productive and 33% less stressed**

MOVING
PROFESSIONALLY.

MOVING IS A PART OF LIFE.

MOVING UP. WE TAKE YOU HIGHER
BY MOVING YOU IN THE RIGHT DIRECTION.

RELIABLE MOVING. MOVING WITH QUALITY.

THE WORLD IS MOVING AROUND US. MOVING
AHEAD. MAKE A DIFFERENCE BY MOVING
OTHERS. TAKE A STAND BY MOVING. MOVING
DOWN. MOVING YOU. ALL MOVING IS NATURAL.

MOVING PROFESSIONALLY. MOVING IS A PART
OF LIFE. MOVING UP. WE TAKE YOU HIGHER
BY MOVING YOU IN THE RIGHT DIRECTION.

RELIABLE MOVING. MOVING WITH QUALITY.

THE WORLD IS MOVING AROUND US.

MOVING AHEAD. MAKE A DIFFERENCE

BY MOVING OTHERS. TAKE A

STAND BY MOVING.

Stand up, see the results and stay motivated

The LINAK Wellness Switch and the LINAK Desk Control Software motivate you to stand up during the day. The tools are developed to help you realise the full potential of your sit-stand desk.

LINAK WELLNESS SWITCH

- Adjust the desk up and down via the switch
- Shows your data in the switch display
- Reminds you to stand up during the day
- Counts the minutes spent standing and the calories burned
- Tracks how often you adjust the desk up or down

LINAK DESK CONTROL SOFTWARE

- Adjust the desk up and down via the computer's mouse
- Allows you to set personal goals for burning calories
- Exports your data to Excel and generates a report
- Remembers up to three preferred positions
- Reminds you to stand up during the day
- Counts the minutes spent standing and the calories burned
- Tracks how often you adjust the desk up or down

LINAK Wellness Switch and LINAK Desk Control Software

How to get started on realising the potential of your sit-stand desk.

LINAK WELLNESS SWITCH

- Install like a regular desk switch
- Connect to the desk's control box
- The desk can now be adjusted via the switch



LINAK DESK CONTROL SOFTWARE

- Download software and install on PC/Mac
- Connect PC/Mac to the desk's control box using the USB2LIN06 cable
- The desk can now be adjusted via the computer's mouse



Important advisories when using a sit-stand desk

- If you, for medical reasons, are in doubt whether you can stand for 5-15 minutes every hour, you should consult your physician
- Standing up while working is a habit that your body needs to adjust to. Start by standing 5 minutes at a time
- It is important to vary between sitting and standing. Standing up all day is not healthy either – it is the variation that matters





Developed in cooperation with Hanna Tómasdóttir

Personal details and background:

- Born in Vestmannaeyjar, Iceland 29.05.1970
- Trained physiotherapist from the School of Physiotherapists, Copenhagen (1997)
- Osteopath DO M.R.O.DK from IAO - The International Academy of Osteopathy in Belgium (2006)
- Co-owner of klinikwestend, Copenhagen
- Health columnist for the Danish magazine SØNDAG

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