

CLASSROOM STANDING DESK

BENEFITS



VARIDESK[®]
EDUCATION

VARIDESK® Education products were developed based on research conducted by the Ergonomics Center at Texas A&M, with a design meant to work in classrooms.

They were created to meet rigorous safety standards while allowing for more movement that encourages increased engagement and better health.



Top Research-Backed Benefits of Standing Desks in the Classroom:

Exercise is proven to be an effective way to improve memory and focus. Students who have the freedom of more movement in the classroom experience a whole host of benefits.

- 5% Improved Standardized Test Scores
- 15% Increased Engagement
- 20% Increased Calorie Burn
- 5% Reduction in BMI Percentile



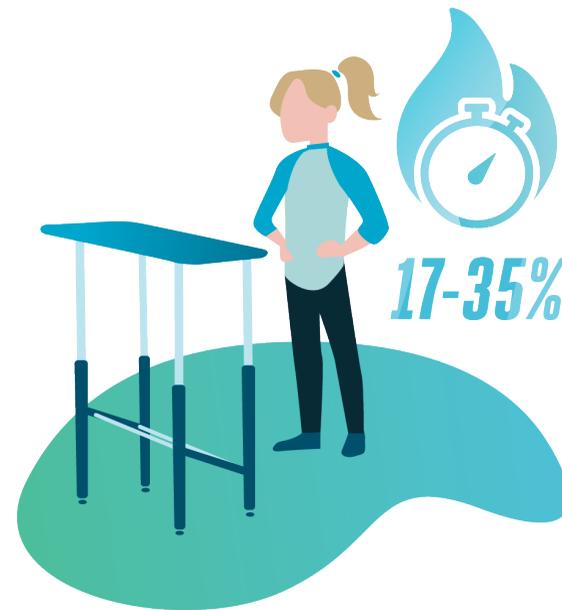
A photograph of two young women standing at a desk in a classroom or office, looking at a laptop. The image is overlaid with a teal color and a geometric pattern in the top left corner. The text is white and centered over the image.

“ We are finding that with standing desks in schools – the children are more focused and more on task. This is great news for teachers – they don’t have to stop and discipline and correct behavior. But it’s really great news for all of the students from an academic perspective because when a teacher can continue to teach and not have to discipline... everyone’s learning level can increase. ”

Dr. Mark Benden, Director of the Ergonomics Center at Texas A&M

Enhanced Health

Standing desks can increase calorie burn by 17-35% and decrease BMI percentile by 5%. Achieving and maintaining a healthier weight is linked to increased confidence and self-esteem, which is directly tied to attendance rates.



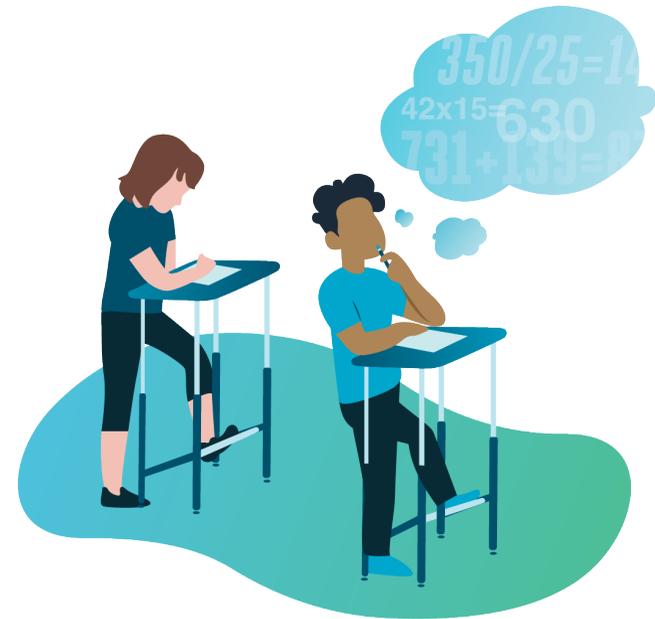
Improved Academics

Moving more and sitting less in class can lead to 3-5% improvement on test scores.



Increased Engagement

Standing desks lead to better focus and attention in class. Students have more eye contact with teachers and 7-9 more minutes of engagement per hour – an increase of up to 15%.



Reduced Disruptions

Both research and teachers suggest that classrooms that offer students more flexibility to move have reduced incidents of behavioral disturbances, fewer distractions, and improved collaboration.



“ I feel that the frequent change of positions helps the students to better regulate themselves, which allows for a sharper focus on classroom learning. ”

Mark Knoll, Jr. High Teacher at Westmount Charter School

Movement is healthy for the body and mind. It can help release mood-lifting endorphins and can play a part in self-esteem and confidence, which has been linked to better attendance.

The light exercise brought on by standing in class all week is equal to a student walking 5 miles, and this level of moderate movement can lead to less time fidgeting, more time focusing, and additional health and academic benefits.



Contact Us

Learn more about the benefits of an active classroom and find the VARIDESK Education products that are right for your classroom.

1(800)FITTER1
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Research Sources

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