

How to boost the ROI of your sit/stand solutions

– and avoid mistakes when choosing a balance board

An investment in a sit/stand desk is significant. However, if you also invest in a *balance board*, the ROI (return on investment) of the sit/stand desk is greatly increased.

Very simple

Standing still is hard on the body – movement is required.

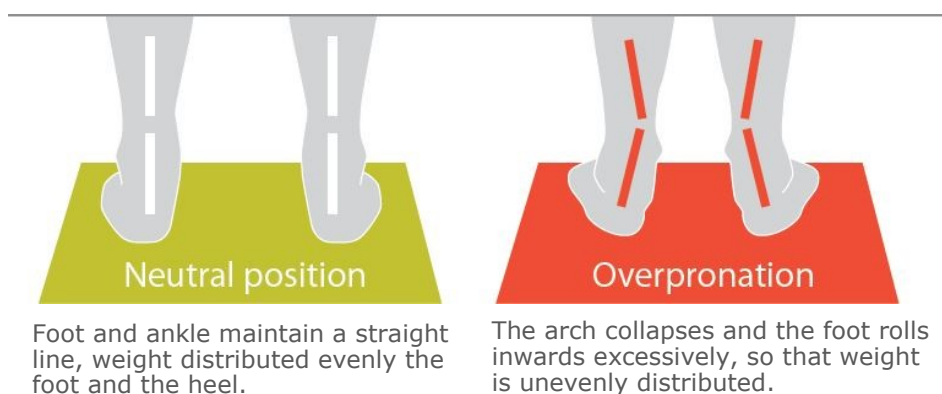
If you also invest in a balance board, the *end-user is able to stand for longer* and the ROI of the desk is therefore higher.

Important physiology

Besides the harmful, documented facts about living a sedentary lifestyle, it is also important to know how your foot posture affects the rest of your body, in particular *pronation*.

Pronation is the natural way that our feet absorb shock. When our feet strike the ground, the arches flex downwards and inwards to disperse the impact.

Problems only occur if one or both of our feet pronate too much. Pronation is considered harmful when the arches flex too far inwards or stay collapsed for too long.



Why you should avoid overpronation

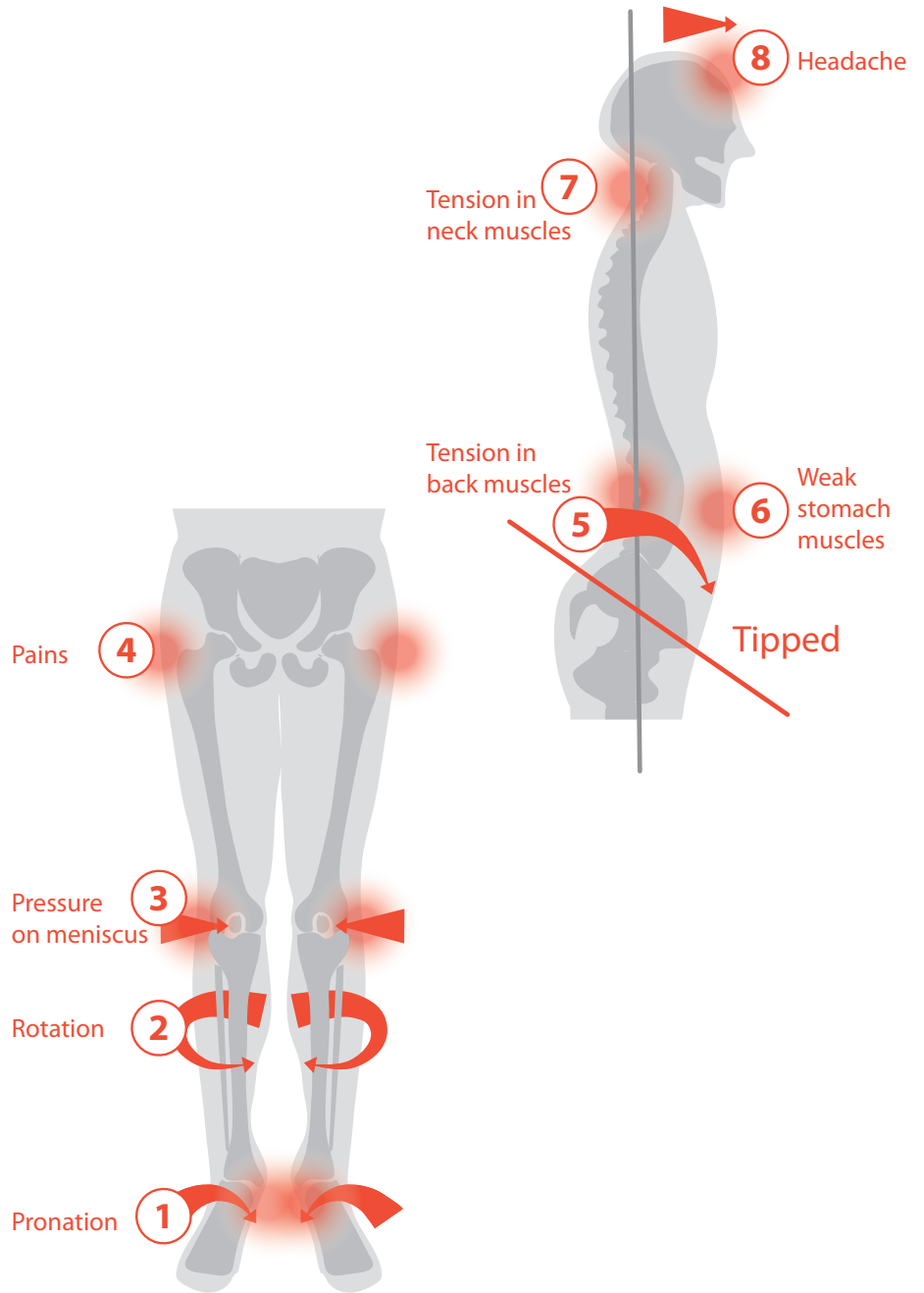
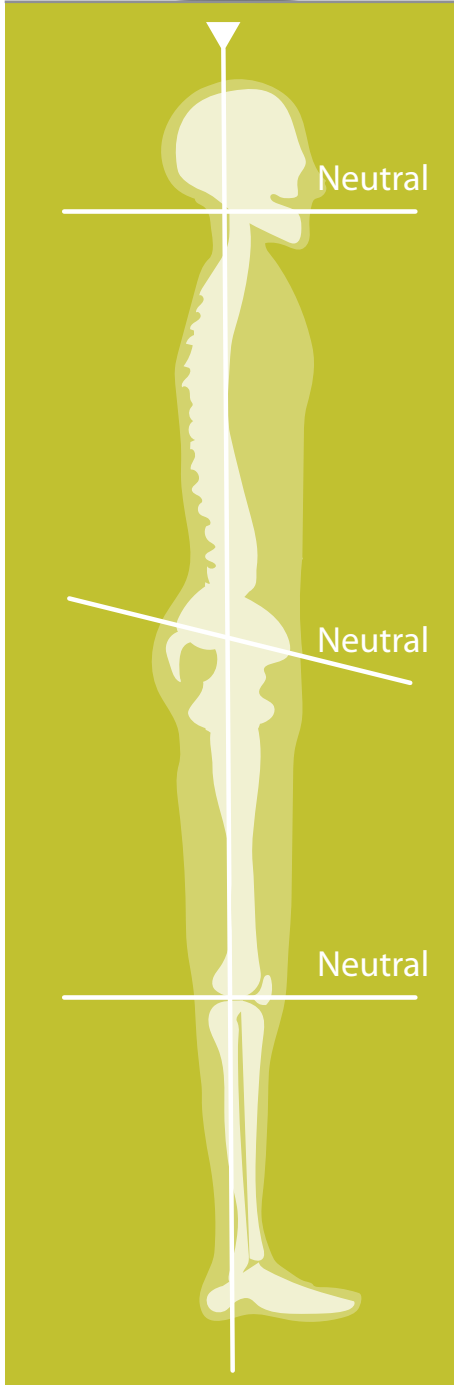
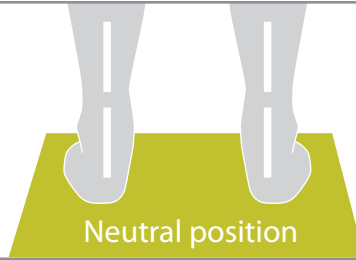
Overpronation negatively affect overall body balance. The lowering of the longitudinal arch pulls the heel bone in, causing the leg, thigh bone and hip to rotate inwards and an anterior tilt of the pelvis.

Constant strains to the ankles, knees, hips and back is a certain result.

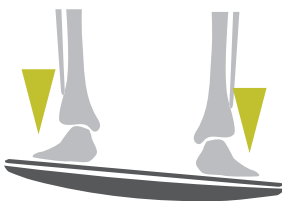
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It starts with your feet!

Choose the right stand solution



Neutral position



Forced overpronation - affect a chain reaction in the body

