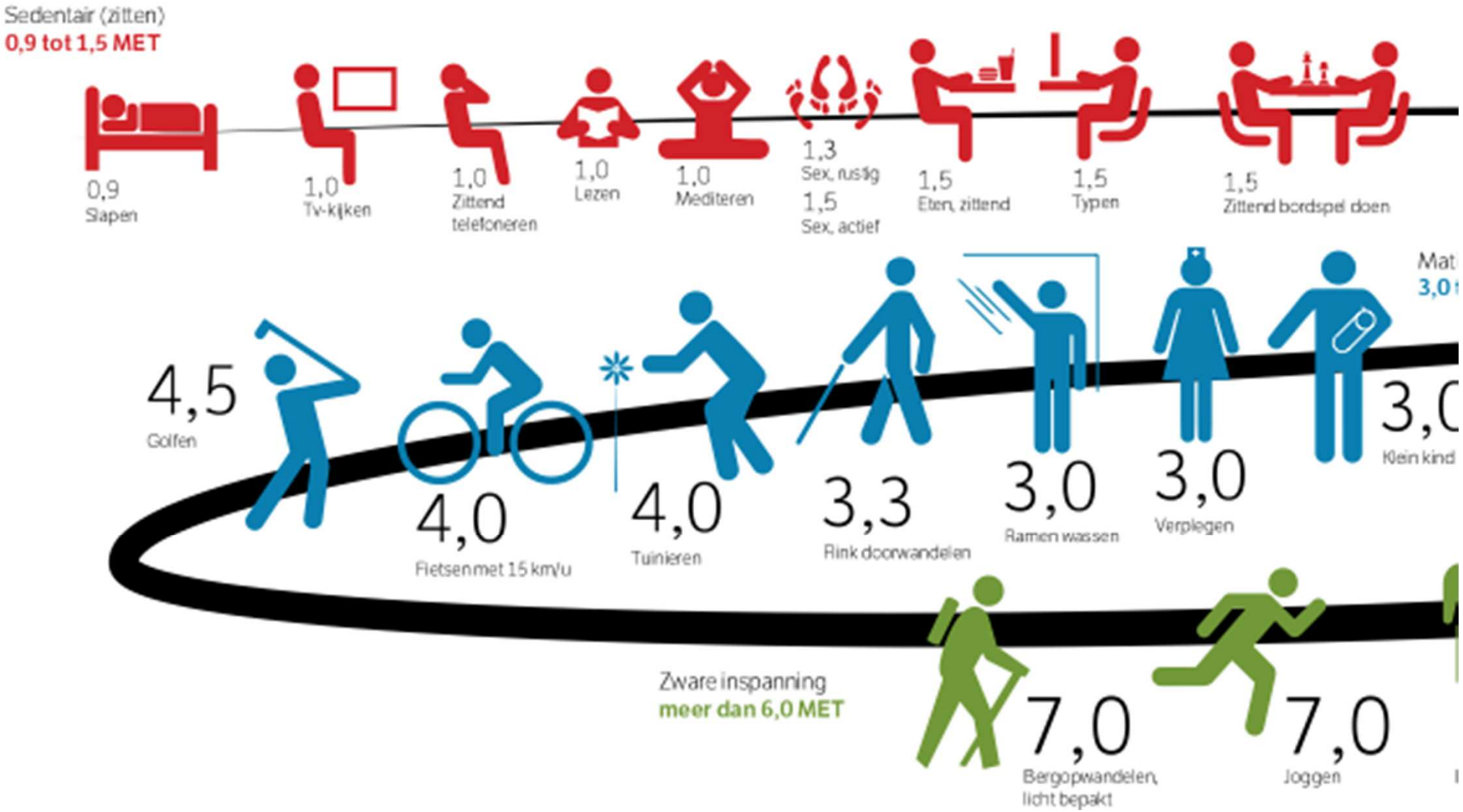
Summary (1)

1. Prolonged sitting is harmful. Prolonged standing also creates health risks. (Varicose veins, Krampfadern).
2. How to stimulate breaking-up sitting- or standing time every 30-45 minutes
    1. Focus on a not-seated posture;
    2. Speed of adjustment is essential in breaking prolonged sitting habits;
    3. Good posture helps reduction of biomechanics health issues;
    4. Use biometric information of the body as real-time memory;
    5. Provide Armrest during sitting, standing and transition time;
    6. Improve table tops, making these lighter and shaped more effectively

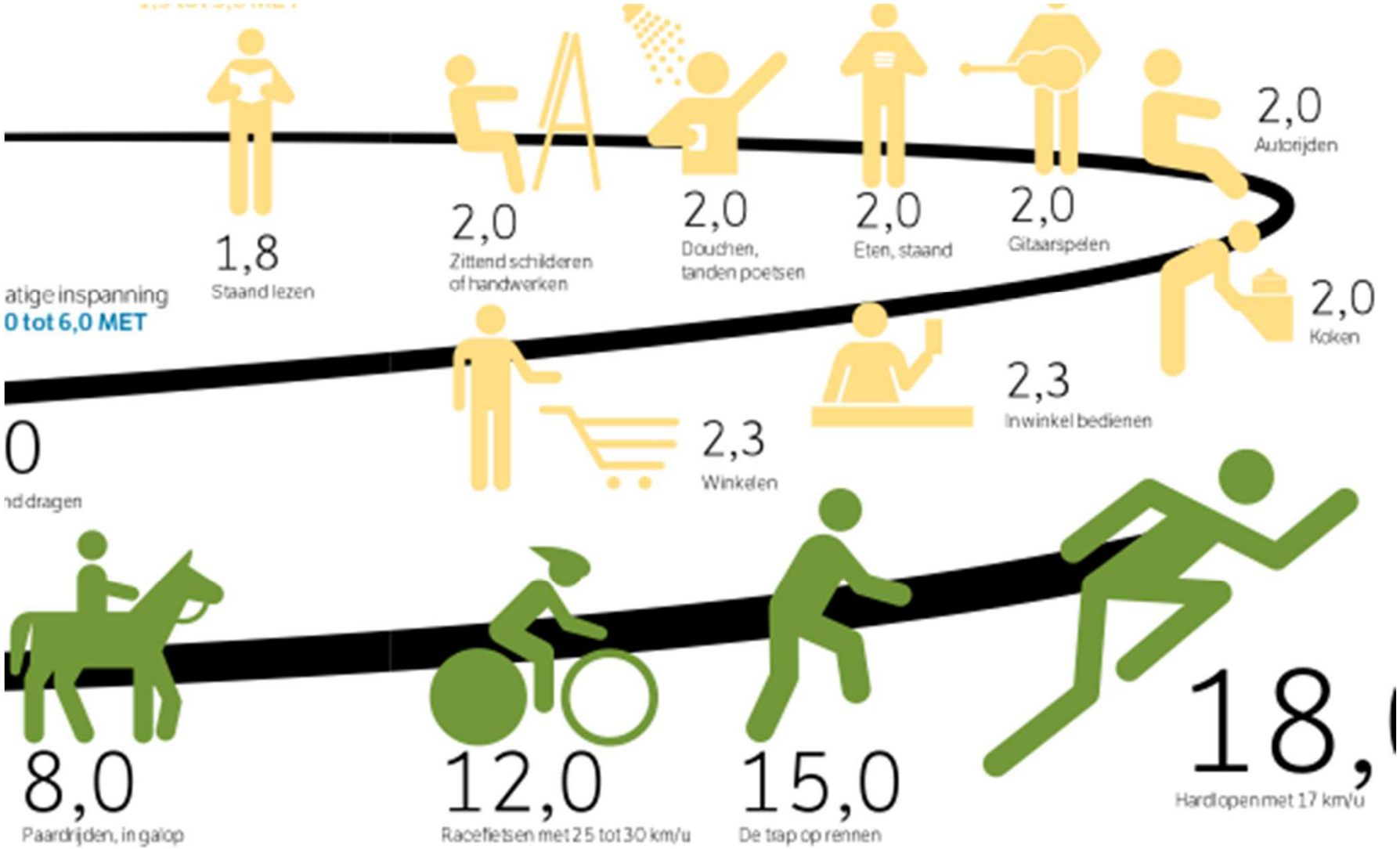
Summary (2)

1. Moving is even better than standing. Essential for active brains of the people. Moving at work must support work requirements (reading, typing, mousing)
2. Sit and Stand tables designed as standard workstations with just higher range in height, are not suitable for open work spaces
    1. What are requirement of Sit and Stand tables for dynamic working.
    2. Life style attributes of workstations are important to stimulate organisation into working dynamic and to attract young potentials

MET helps to understanding the need



MET helps to understanding the need



HEART DISEASE

1. Muscles **burn less fat** and blood flows more **sluggishly** during a long sit, allowing **fatty acids to more easily clog the heart**.
2. linked to **high blood pressure** and **elevated cholesterol**.
3. People with the most sedentary time are more **than twice as likely to have cardiovascular disease** than those with the least.

FOGGY BRAIN

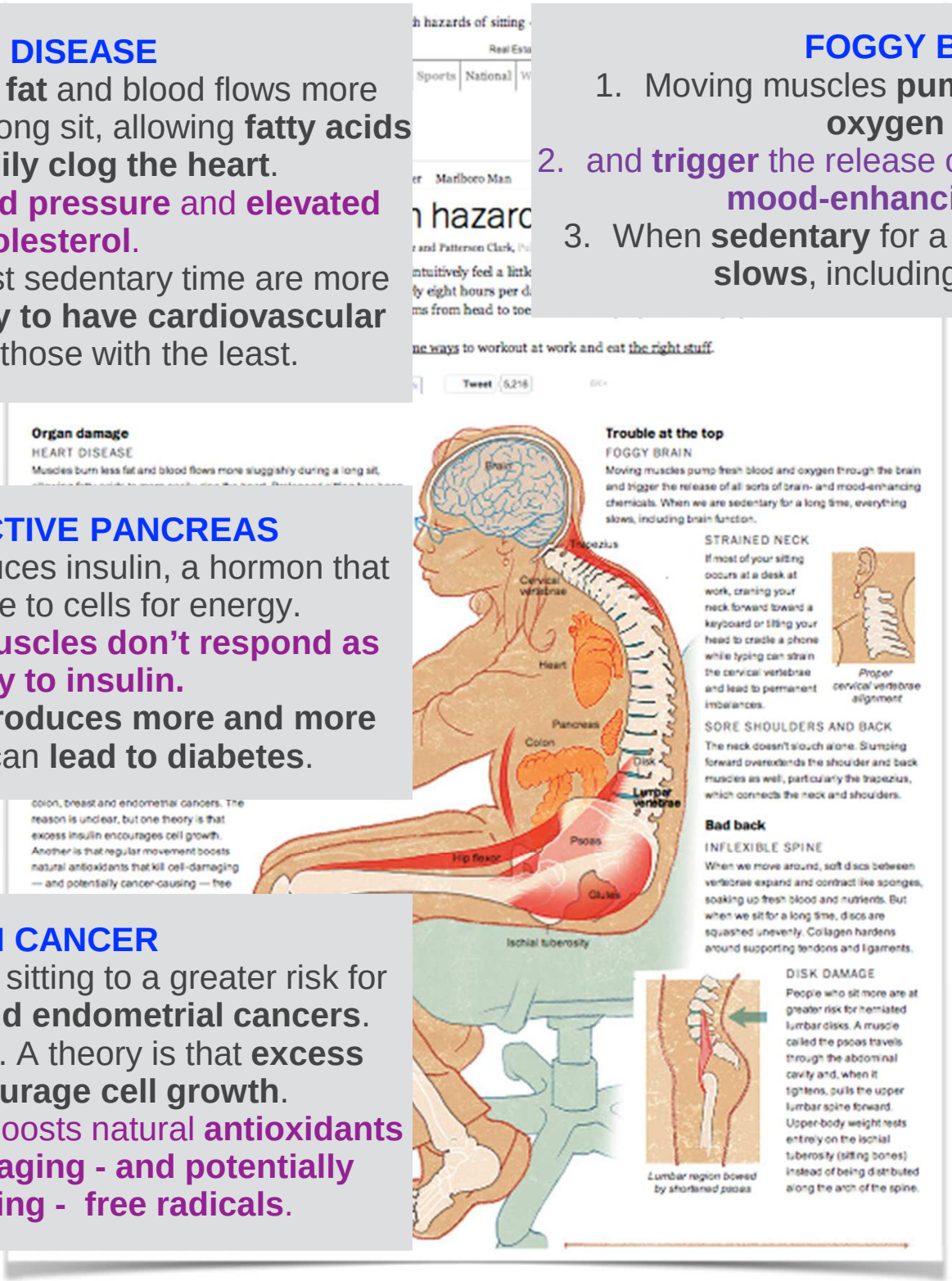
1. Moving muscles **pump fresh blood and oxygen** through
2. and **trigger** the release of all sorts of **brain- and mood-enhancing** chemicals.
3. When **sedentary** for a long time, **everything slows**, including brain function.

OVERPRODUCTIVE PANCREAS

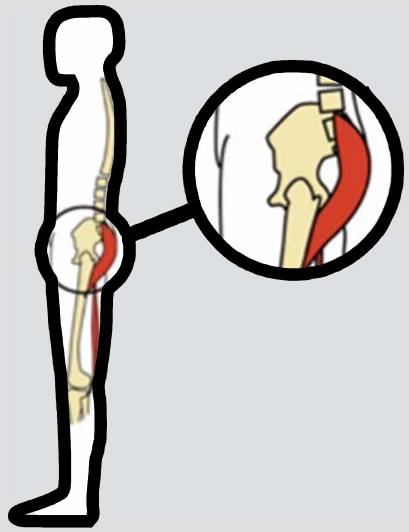
1. The pancreas produces insulin, a hormon that carries glucose to cells for energy.
2. But **cells in idle muscles don't respond as readily to insulin.**
3. So the pancreas **produces more and more insulin**, what can **lead to diabetes**.

COLON CANCER

1. Studies have linked sitting to a greater risk for **colon-, breast- and endometrial cancers**. Reason is unclear. A theory is that **excess insulin encourage cell growth**.
2. Regular movement boosts natural **antioxidants** that **kill cell-damaging - and potentially cancer-causing - free radicals**.



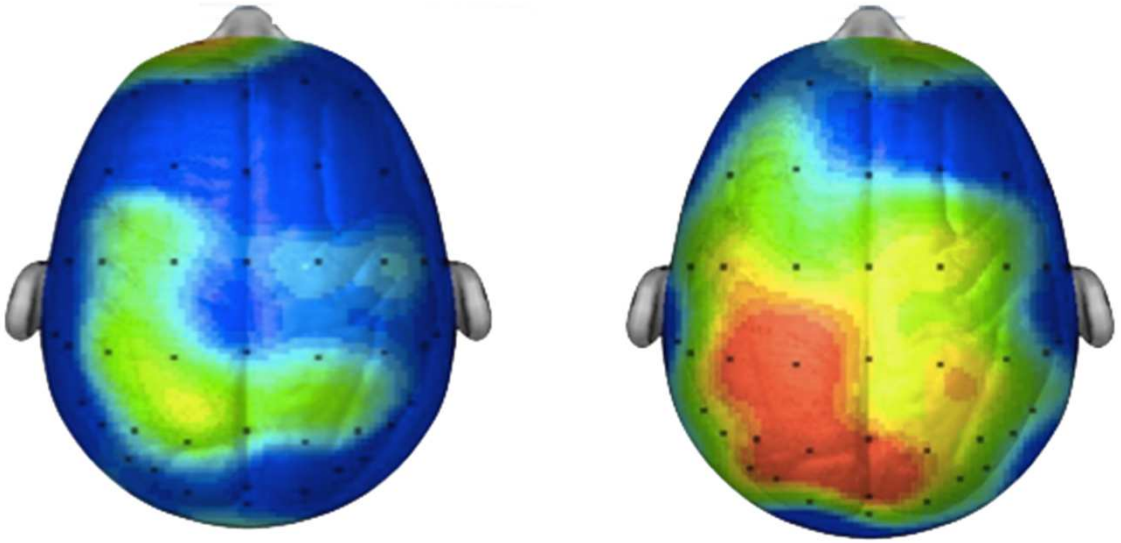
Bad Back



„Physical activity turns on the brain”

After seating 2 hours

after a 20 min walk

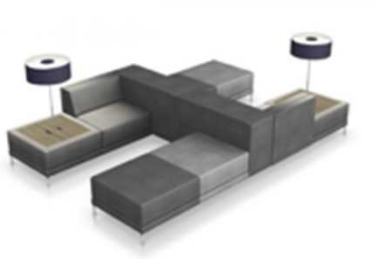


Average composite of 20 students brains taking the same test

Research/scan compliments of Dr. Chuck Hillman University of Illinois

Brains:

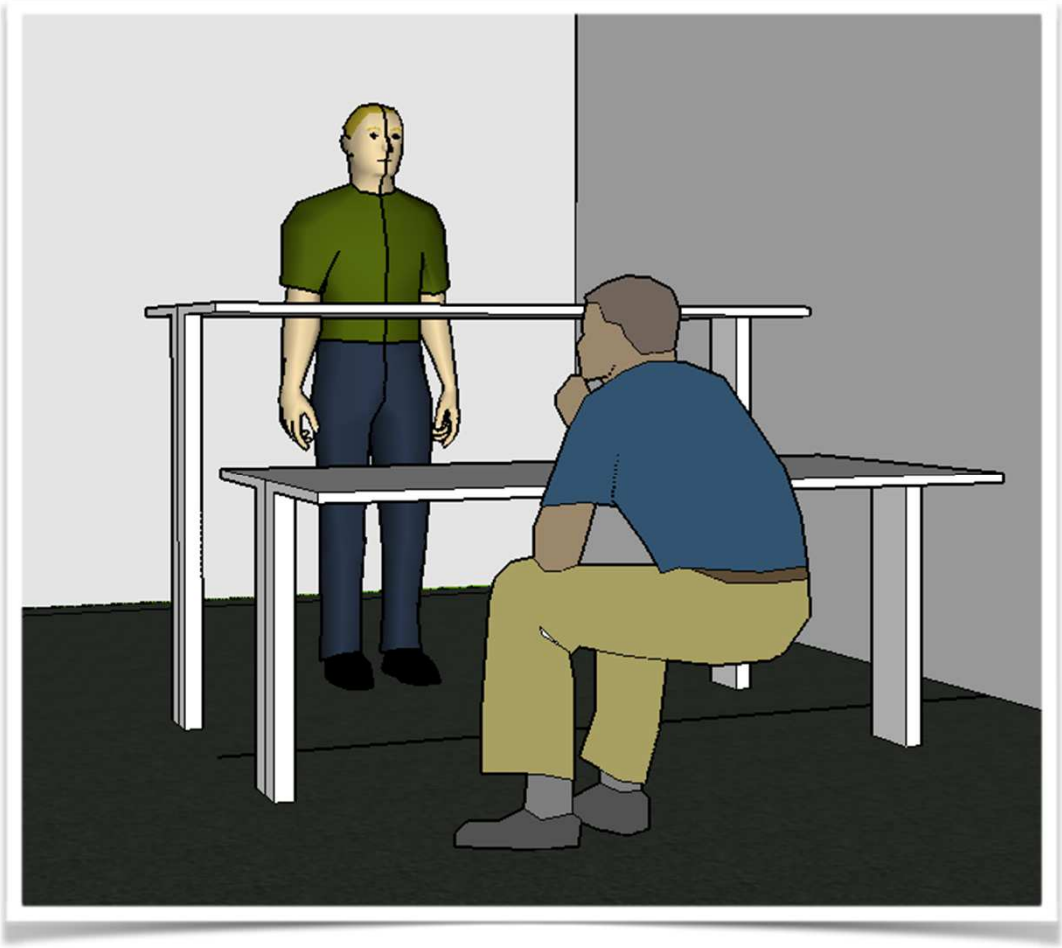
- **1% body weight**
- **25% glucose**
- ***brains cannot store glucose!***

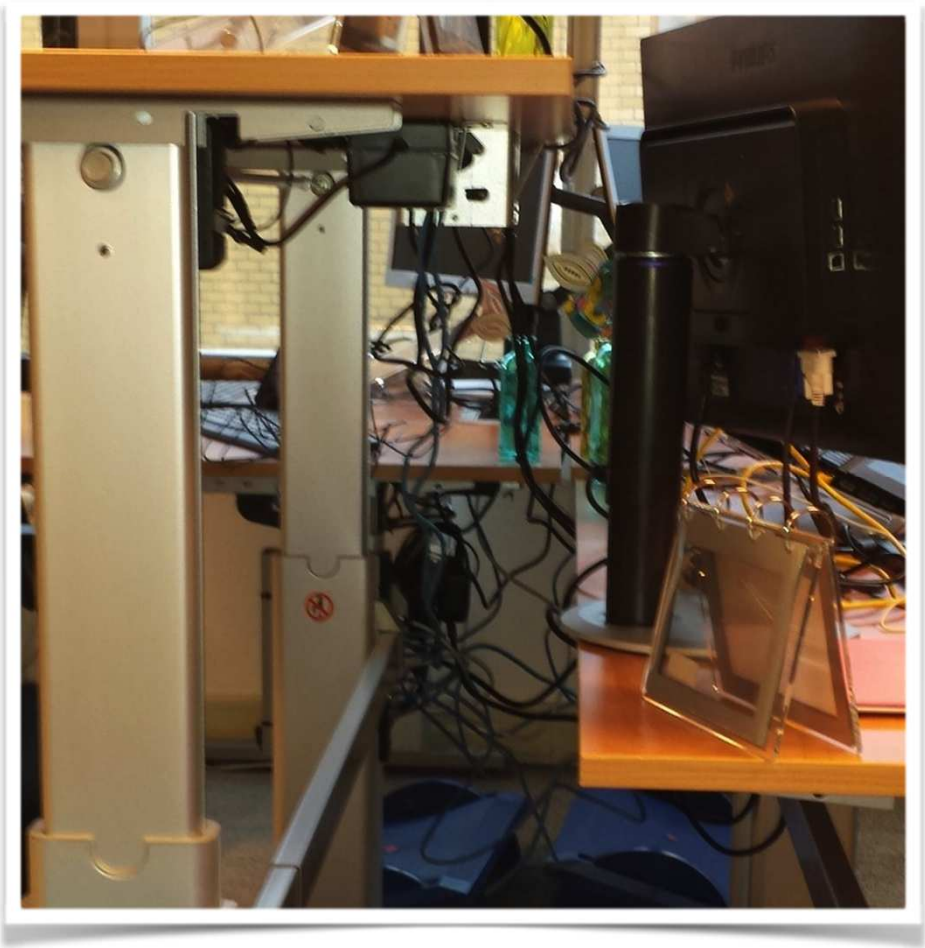


Markant believes in promoting an **attractive** and **healthy lifestyle** at work and at home to change sedentary behaviour

standing tables - a total other game

It is not about the sale; it’s about the implementation





Markant stands for dynamic working

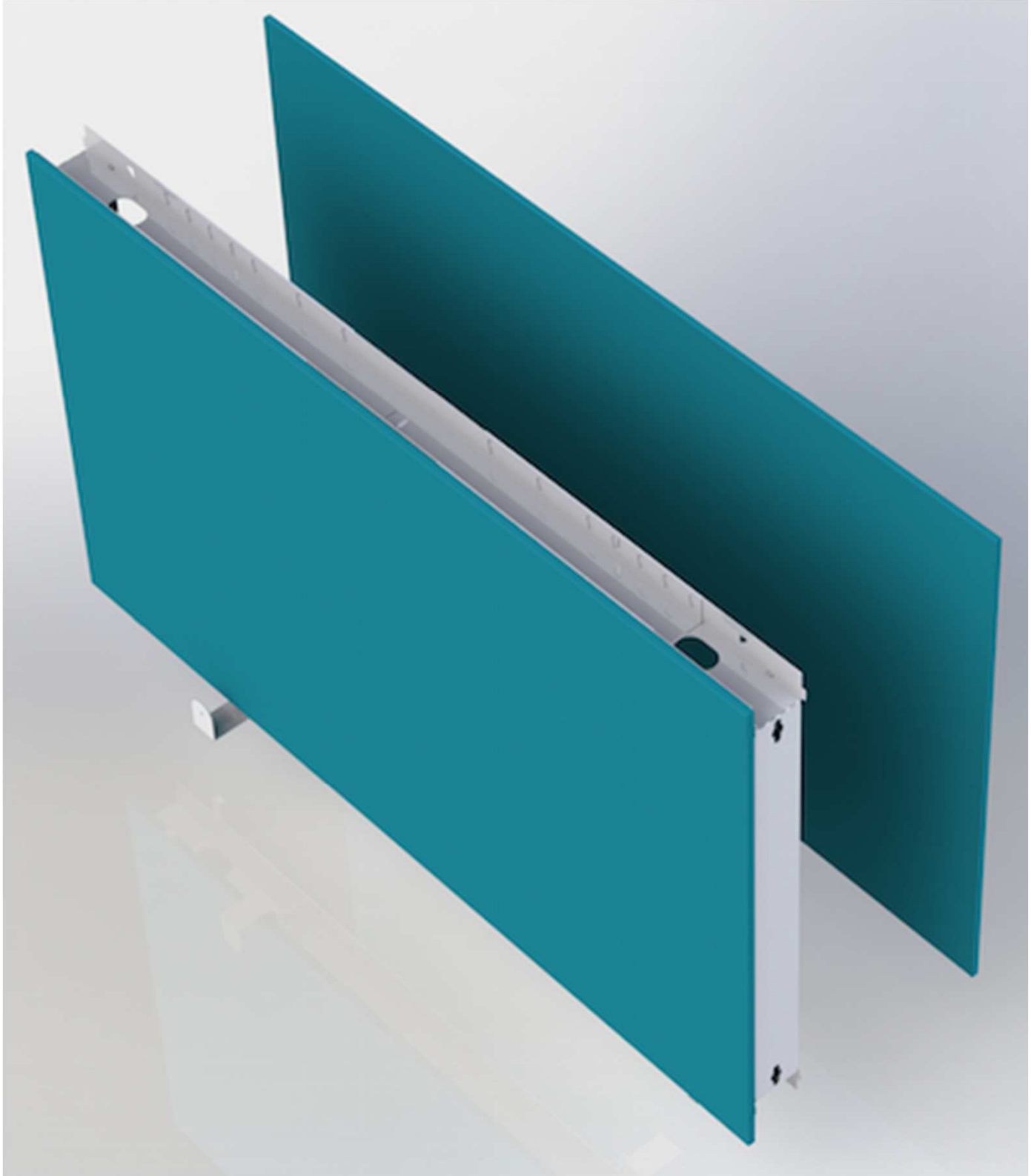
requirements S2S work station in an Open Office

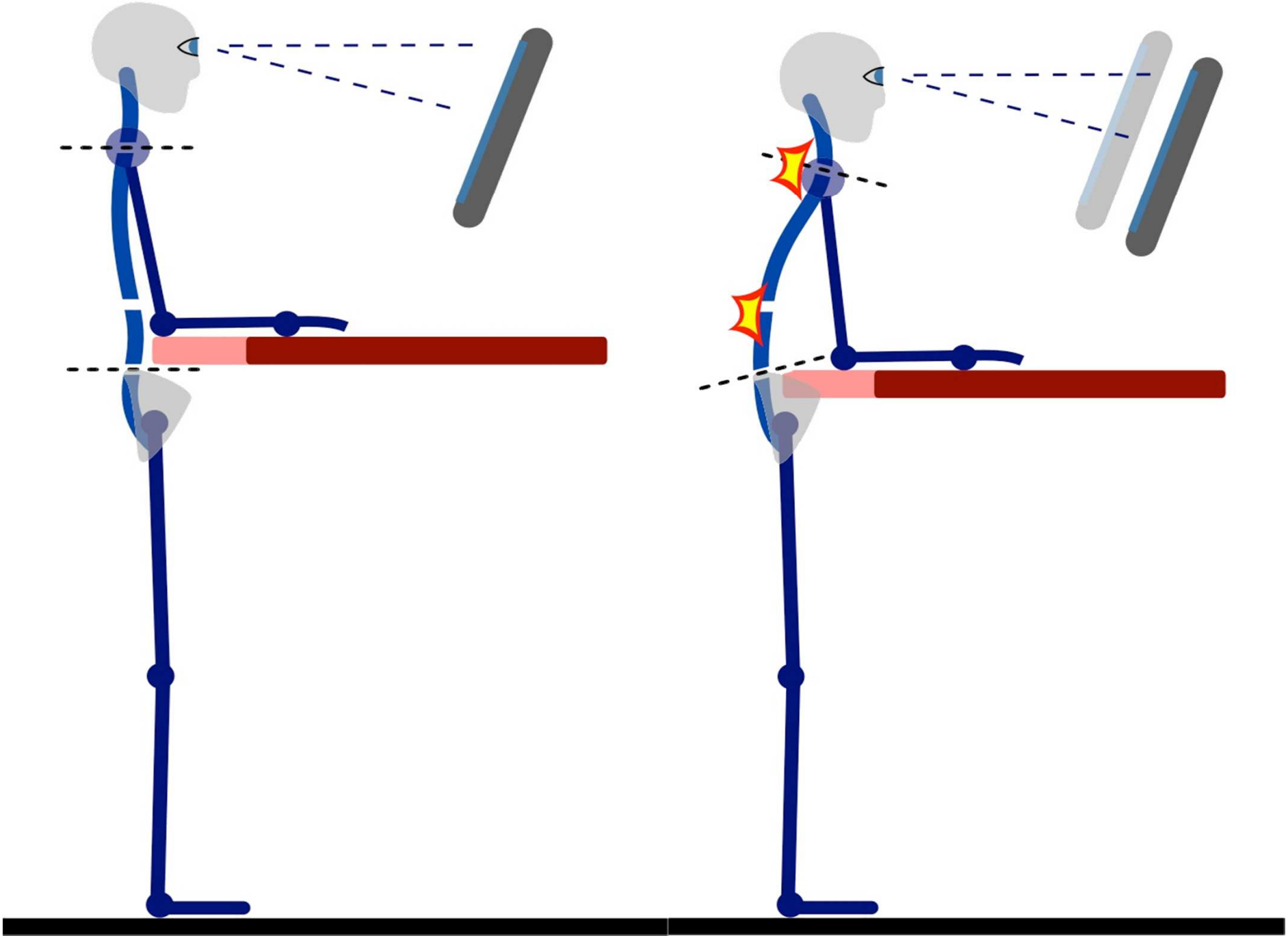
1. Connected „bench-configurations” trend duo-workstations
2. Cabling
    1. no worries
    2. Invisible, easy accessible and segregated
    3. simple to connect to infrastructure of the building
3. Speed of adjustment to change position >10times/day
4. Safety while moving table top vertically (hurting fingers)
5. Stability at standing position
6. Motor noise

Life STYLE

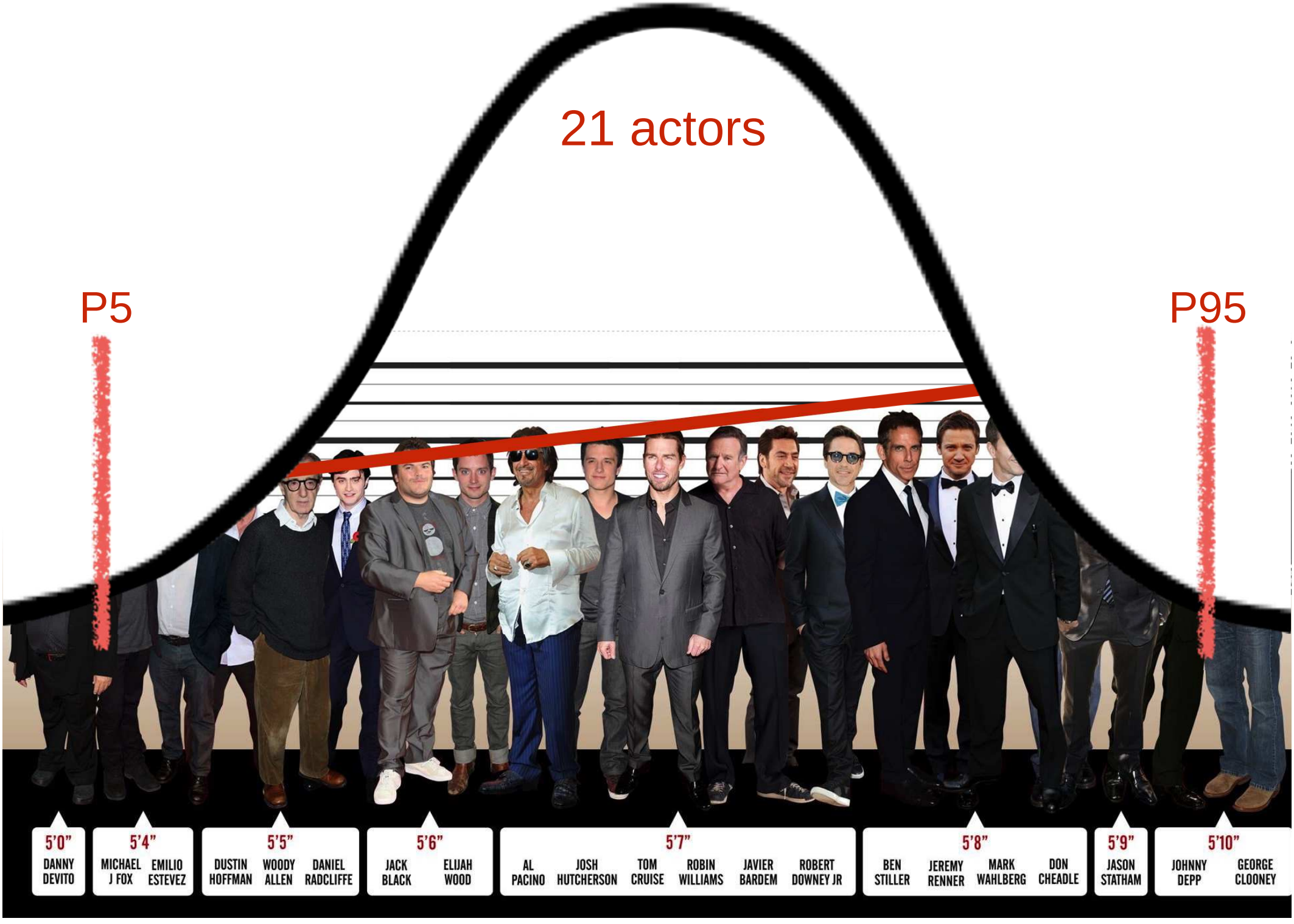
Markant stands for working healthy


ap
2012/10



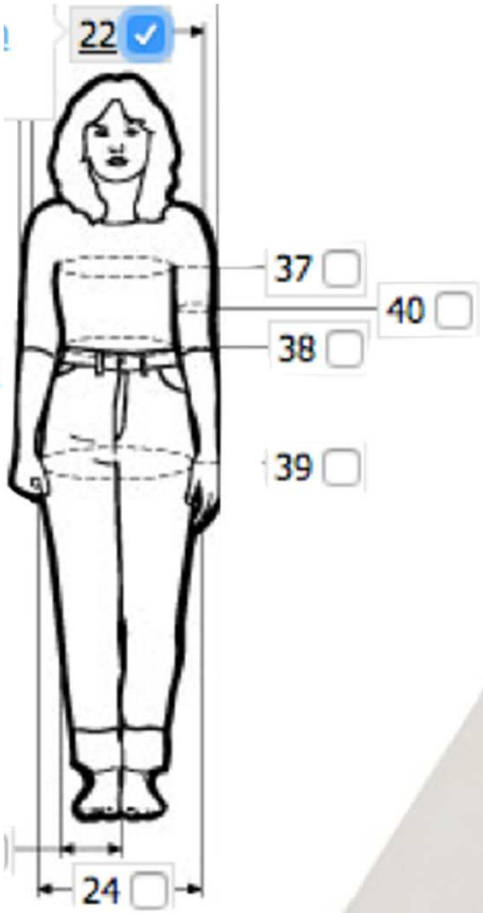


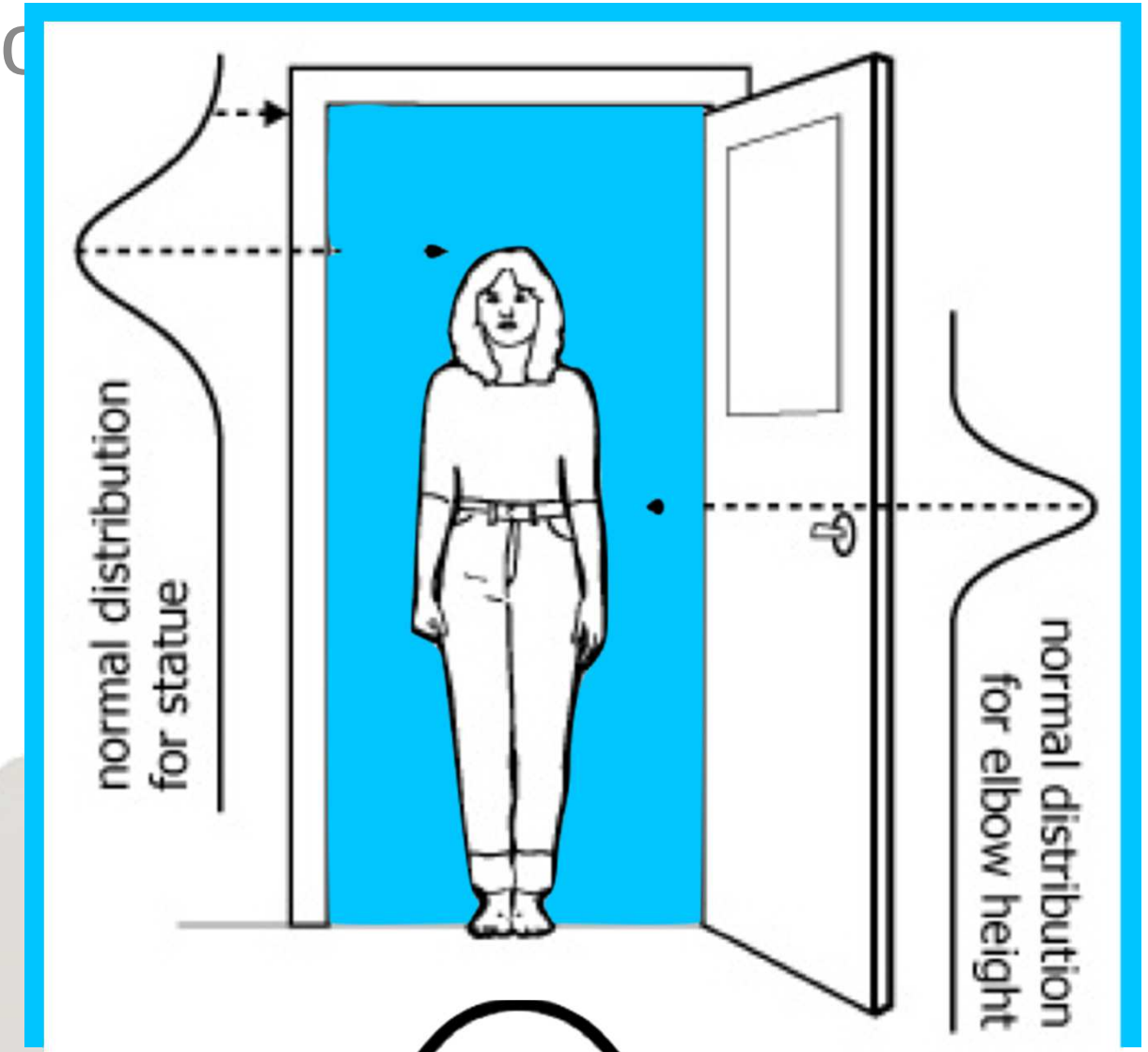
Markant stands for working healthy

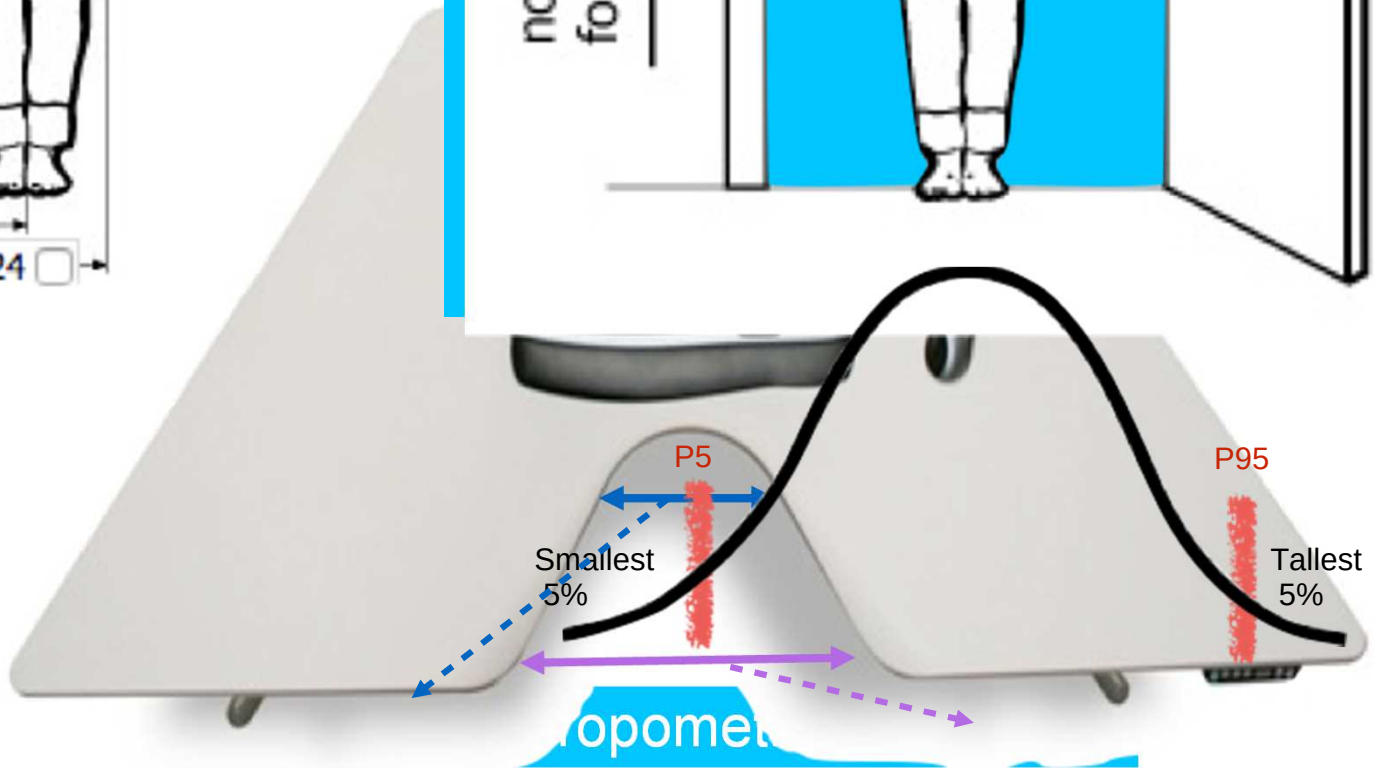

21 actors
P5
P95
5'0"
DANNY DEVITO
5'4"
MICHAEL J FOX
EMILIO ESTEVEZ
5'5"
DUSTIN HOFFMAN
WOODY ALLEN
DANIEL RADCLIFFE
5'6"
JACK BLACK
ELIJAH WOOD
5'7"
AL PACINO
JOSH HUTCHERSON
TOM CRUISE
ROBIN WILLIAMS
JAVIER BARDEM
ROBERT DOWNEY JR
5'8"
BEN STILLER
JEREMY RENNER
MARK WAHLBERG
DON CHEADLE
5'9"
JASON STATHAM
5'10"
JOHNNY DEPP
GEORGE CLOONEY

Markant Ergo

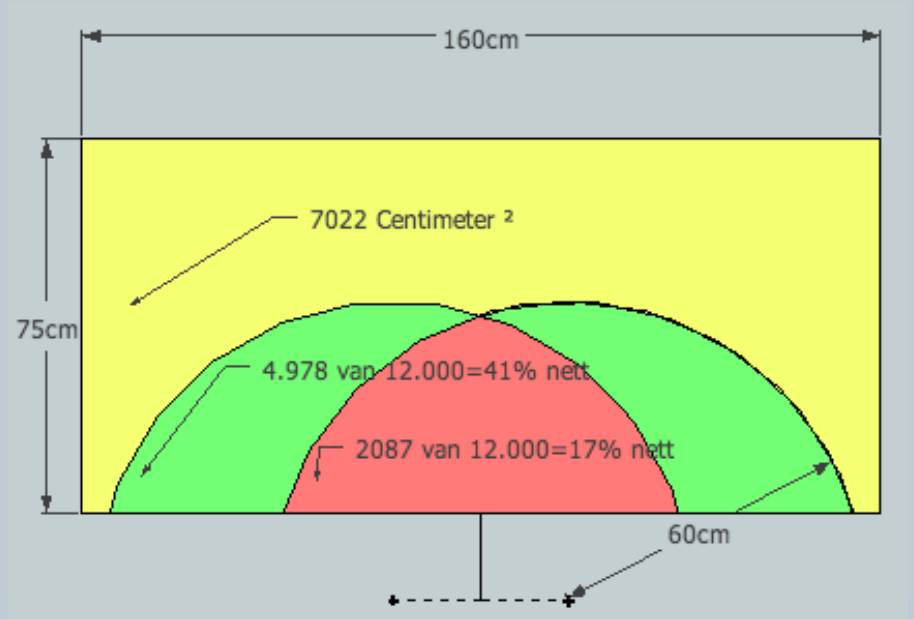
shoulder breadth

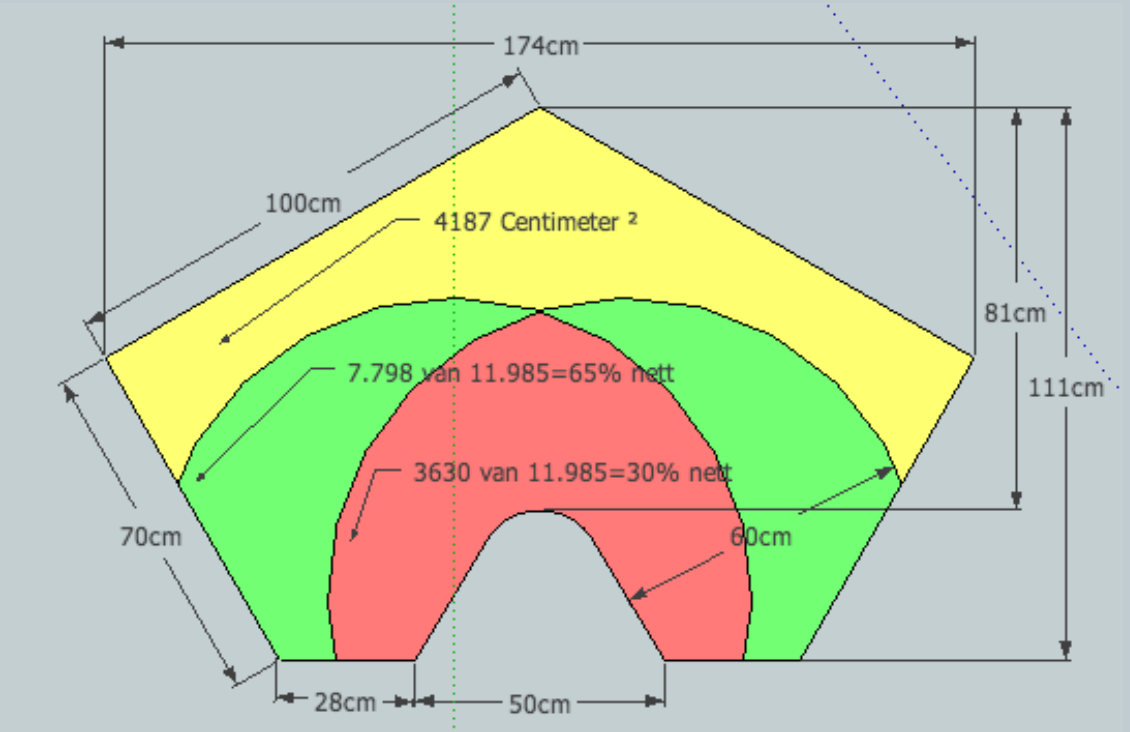






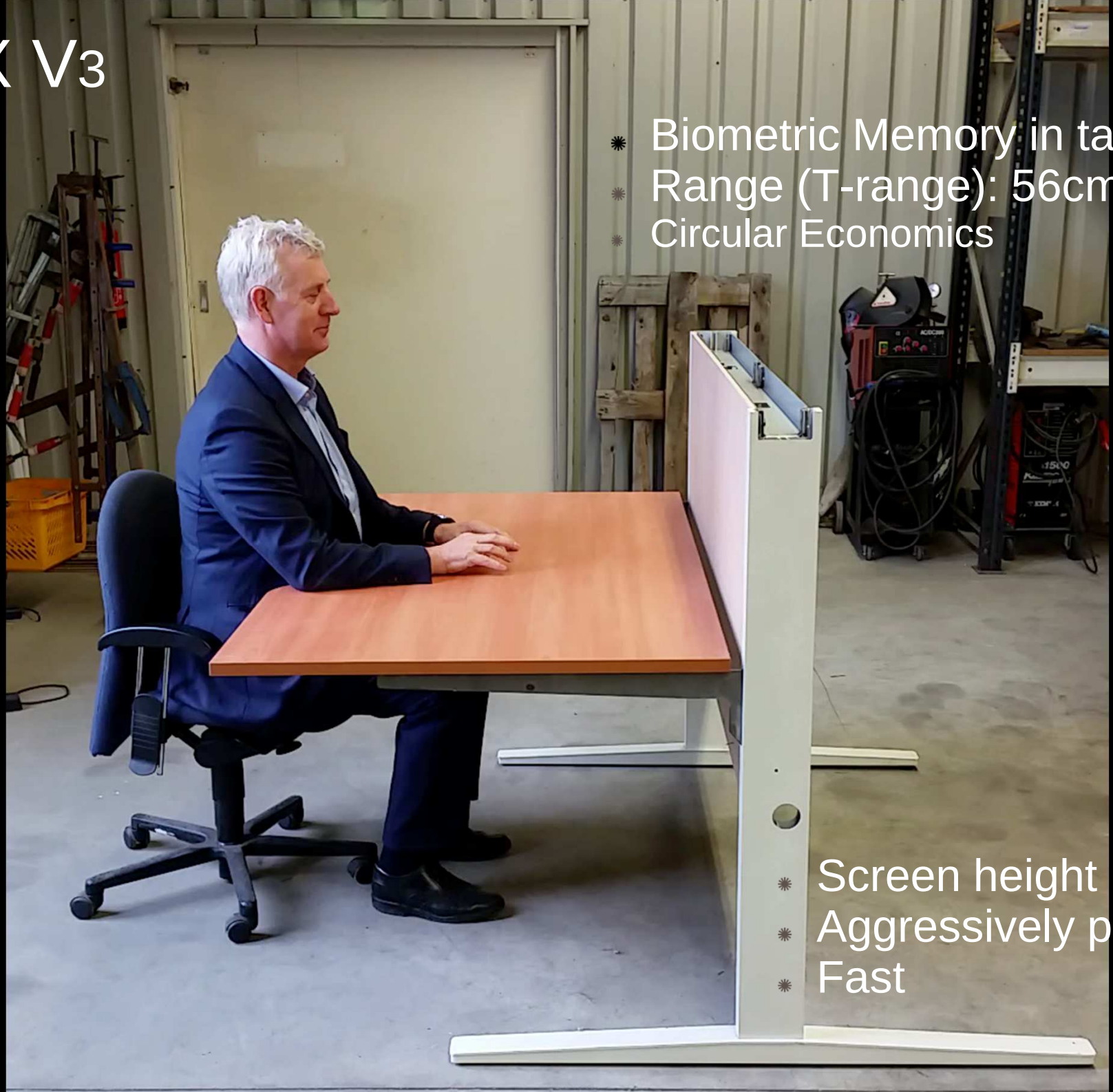
Working Dynamically requires a compact efficient workstation. The alternative for 160x75cm





Length	160	174
Width	75	111
Total	100	100
Space	100	+74%
Space	100	+57%

MAX V3



- Biometric Memory in table top
- Range (T-range): 56cm-128cm
- Circular Economics

- Screen height 120cm
- Aggressively priced
- Fast