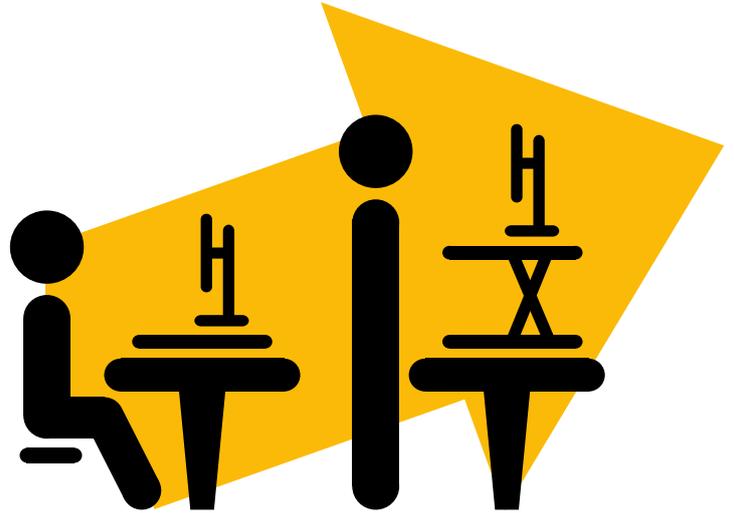




Sit-Stand Movement

Our Manifesto



At Fellowes we understand that simple ideas can change the world. That a revolution does not have to be built on complex thinking. That everyday actions, thought of in different ways, can help people to be **healthier and happier**.

That's why we're starting a Movement. One that's based on a new way of **actively engaging** with our workplaces and **interacting** with our workspaces. One that will lead to a significant improvement in wellbeing and productivity for all who join it.

Welcome to the era of Sit-Stand working

LOOK AROUND YOUR OFFICE. How many people are sitting down? How many are hunched over a laptop, staring at a spreadsheet? How many are slumped in a chair and stretching for the keyboard?



Worryingly, most of them will spend **seven hours** of their day like this.

While it may seem harmless, they're potentially damaging their health – **one in three** will suffer a health problem – like back pain, fatigue, obesity or depression – because of it.

That means high absence rates. It means **€73 billion lost** across Europe, because of employee sickness. It means **low productivity** for businesses, which translates to low profit margins.

Together, we can stop that.

We know that people work better and feel better when they're active. And we know that **95% of Europeans believe that their desk environment is the most influential factor in their workplace wellbeing.**



Actively working well relies on movement and good posture throughout the working day.

So we're pioneering a new way of doing things.

Our Movement is not about making work more challenging. And it's not about asking employees to take time out of their day to find a fruit basket or go to the gym.

Instead it's about nurturing good habits that help everyone to be at their best, by doing something easy and natural. And it's about helping businesses to enjoy a **better long-term return*** on their wellbeing investment, higher employee motivation and **lower absence rates** as a result.

Sit-Stand working enables people to be active and healthier. And because healthier people are happier people, Sit-Stand offices are **productive** and **positive** places. Where talented people do good things for companies that care.

It's time to change how the workplace works.

Join the Sit-Stand Movement today.