

# NeutralPosture



N·tune®

Where sitting and standing meet

## Start of a Revolution

N-tune®, developed by Certified Professional Ergonomists, is all about raising desk heights from 29" to 40" and then raising the chair to stool height, allowing users to easily transition between sitting and standing throughout the workday. Not only does this help alleviate the pains of a sedentary workday, the overall health benefits it provides are immense as well.

By standing for just 2 hours more than normal throughout an average workday, you can burn an extra 280 calories, translating into improvements in BMI, cholesterol, blood pressure levels and many other positive health outcomes.

### Benefits from standing for just 2 hours a day more than normal

#### RISK OF HEART FAILURE

17% – 28% Decrease (MALE)  
12% – 20% Decrease (FEMALE)

#### RISK OF DIABETES

93.9% Decrease

#### RISK OF STROKE

12.5% – 20% Decrease

# WEIGHT LOSS

lose up to

# 20<sup>lbs</sup>

IN A YEAR

