

Endorsed by



ALTIZEN

“

We are
sitting
ourselves
to death.

”

Dr. James Levine
Mayo Clinic

When we think about our health, the first things that come to mind are exercise, diet, and health screenings. We often overlook the place where we spend most of our day – our workplace.

For the average office worker, 8 or more hours a day are spent at the desk, which means on the chair.

It's time to rethink how we work.

The sit-stand
revolution
at work.



Are you sitting down for this?

Sitting can kill you.

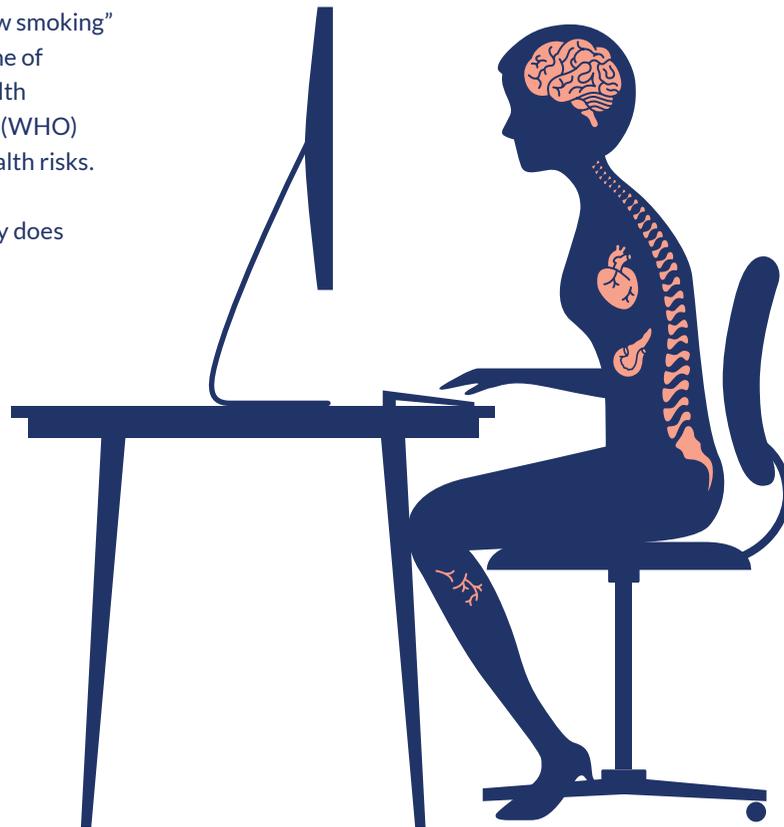
Research shows that prolonged sitting can increase the risk of developing critical illnesses such as cancer, diabetes, and heart disease.

Physical inactivity is so damaging, it's been coined "the new smoking" and listed as one of the World Health Organisation's (WHO) top 4 major health risks.

So what exactly does it do the body?

Physical inactivity alone is estimated to cause 7% of the burden of type 2 diabetes.¹

World Health Organisation



The hazards of sitting.



FOGGY BRAIN

Blood circulation slows down during extended sitting, bringing less oxygen to the brain, resulting in reduced function and lost concentration.



NECK AND SHOULDER PAIN

Excessive craning or leaning forward strains the cervical vertebrae and can cause permanent misalignment.



BACK PAIN

During a long sit, soft discs between vertebrae get unevenly squashed, and collagen hardens around tendons and ligaments.



HEART DISEASE

Sluggish blood flow allows fatty acids to deposit more easily and clog the heart. Problems such as high cholesterol, high blood pressure, and heart diseases may develop.



OVERPRODUCTIVE PANCREAS

Idle muscles respond less efficiently to insulin, causing the pancreas to produce more and more insulin, which can lead to diabetes and other diseases.



LEG PROBLEMS

Slow blood circulation causes fluid to pool in the legs, arising in problems such as swollen ankles, varicose veins, and potentially life-threatening blood clots known as deep vein thrombosis (DVT).

Let's get down to business.

Considering how much time we spend at work, it's unrealistic to cram "healthy living" into after-work hours. We need to keep our bodies active throughout the work day, and to do that, we need employers' support.

What's in it for employers?

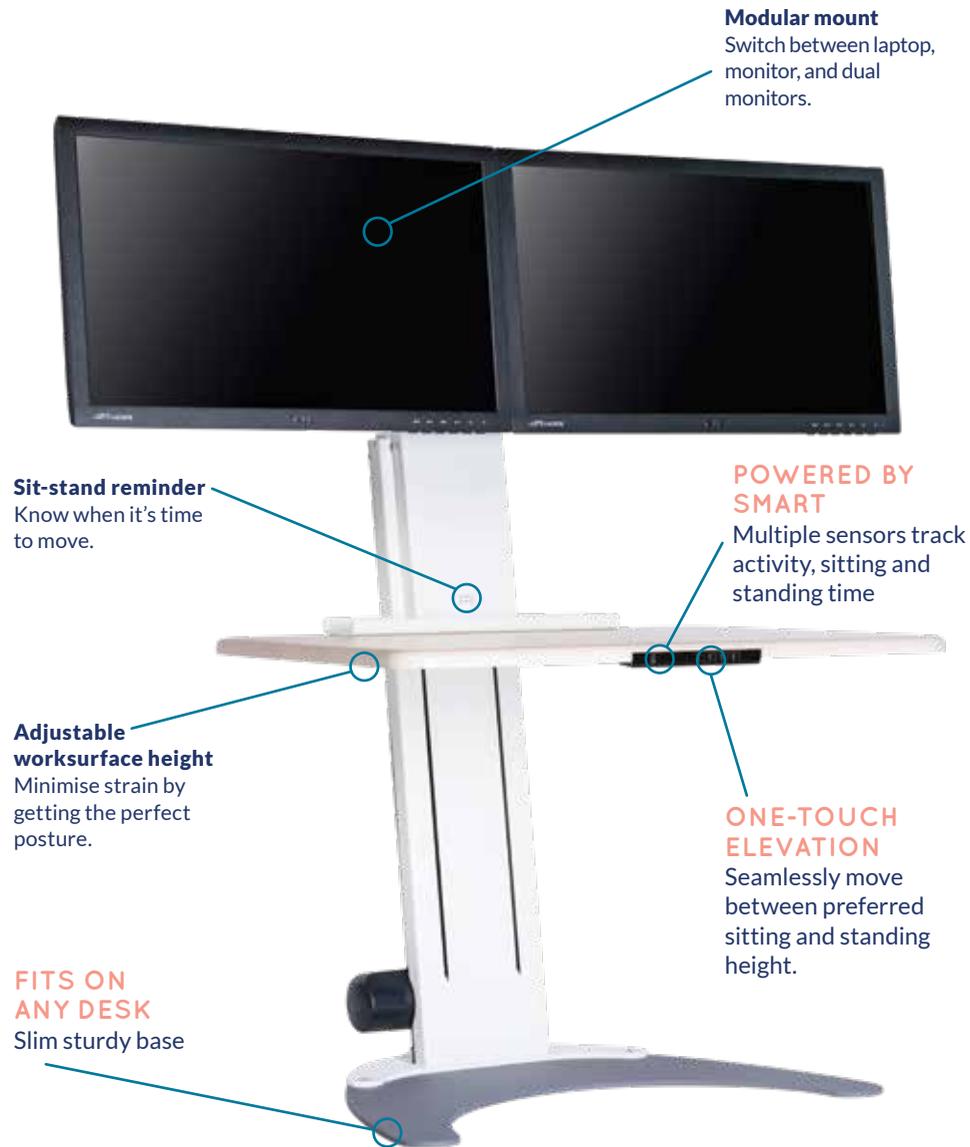
Investing resources into employee health has clear business benefits. Good health improves what employees do at work and translates into productivity gains through less absenteeism and presenteeism, greater job satisfaction, and better staff retention and recruitment. That's why the world's most innovative companies such as Google and Facebook spend millions of dollars on workplace wellness.

To ease people into an active work routine, start with standing desks.

Unilever estimates that it recoups 6 Euro for every 1 Euro invested in health programs.

¹"Physical inactivity and diabetes", 12-11-2015

Flexibility and intelligence for modern dynamic work.



Performance powered by data

More than just a smart workstation, Altizen provides data tracking and analytics for users and managers.



ALTIZEN APP

Users can plan sit-stand routines, track activity and goals, and even calculate calories burned. The app pairs with the workstation and captures up-to-date performance data which can be shared socially.



MANAGER'S DASHBOARD AND ANALYTICS

Managers can gain aggregated insights into employee utilization and workplace behavior, and use learnings in wellness program planning.

Altizen.
Designed to stand apart.

SUPERIOR ERGONOMICS

Built for perfect ergonomic comfort, Altizen helps minimise the strain and fatigue caused by long hours at work, and boosts health and productivity.

PREMIUM QUALITY

Crafted from premium steel, Altizen offers a sturdy and reliable build that is engineered to last.

EASY INTEGRATION

No installation hassle, and no need to change your existing desk. Altizen simply goes onto your desk and is ready to use in 3 easy steps.

Ready for better health at work?

Healthy employees are 3X as productive as those in poor health, and take 1/9 of sick leave.

Transform
your
workplace
today.



Altizen is the only standing desk endorsed by the Singapore Physiotherapy Association for its ergonomics.

For corporate sales
or to test a demo unit,
call **+65 6871 8885**
or email
hello@altizen.com

OUR CORPORATE CUSTOMERS AND PARTNERS

BAKER & MCKENZIE



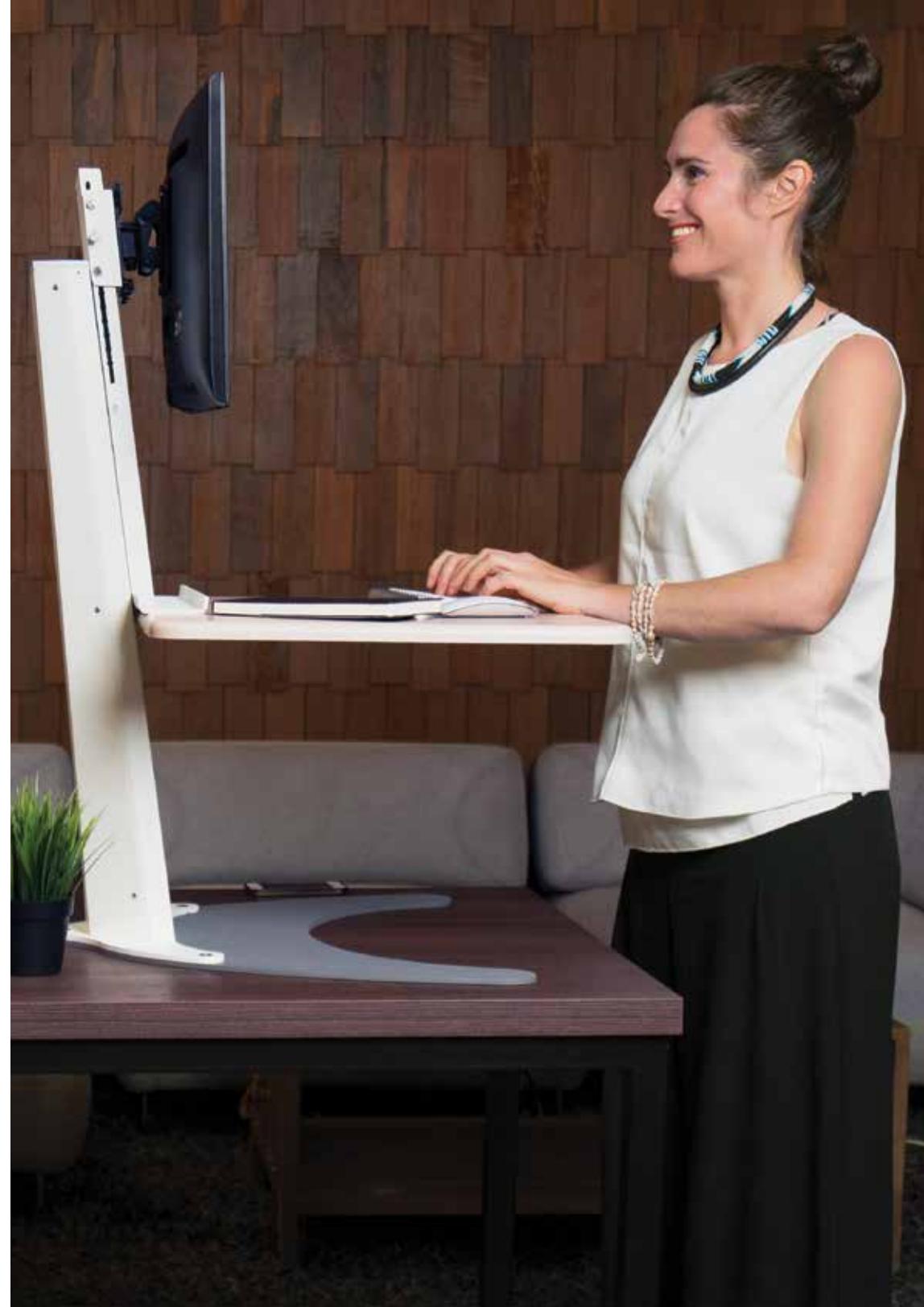
HEIDRICK & STRUGGLES **KING & SPALDING**



TimeWarner

BLACKMORES

CITCO



Product specifications

FOOTPRINT DIMENSIONS

Fully retracted: 70cm (length) x 62cm (depth) x 75cm (height)
Fully extended: 70cm (length) x 62cm (depth) x 99cm (height)

COLOURS

Charcoal grey
White

MODULAR MOUNTS

Laptop
Single monitor
Dual monitor

CAPACITY

15kg

MATERIAL

Powder-coated steel
and MDF with woodgrain
laminate

NET WEIGHT

29 kg

POWER CONSUMPTION

24V DC

APP COMMUNICATION

Bluetooth Low Energy 4.1

COMPATIBILITY

iOS version 8 and up,
Android 4.4 and up

NOISE LEVEL

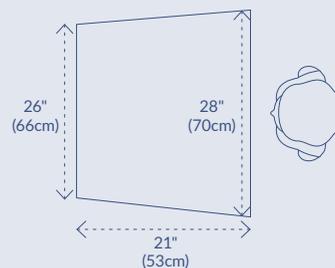
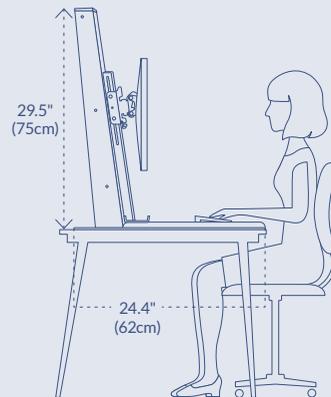
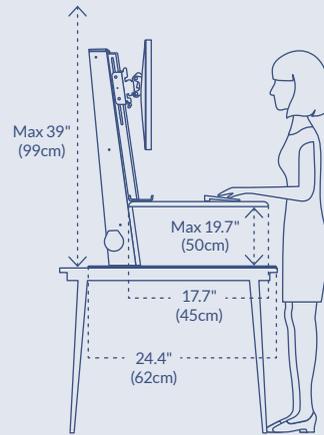
Below 60 decibels

SHIPPING

Weight: 36KG
Dimensions: 91cm x 59cm x 29cm

WARRANTY

3 years warranty against defects in
workmanship or assembly



“

Every cent we invest in keeping employees safe and well in the workplace is as vital and considered as any investment in our business.

”

Frans van Houten
President & CEO
Philips



ALTIZEN

altizen.com