

DALAL STREET INVESTMENT JOURNAL

DEMOCRATIZING WEALTH CREATION

Pages 68 ■ www.DSIJ.in ₹100

In Focus

CONSUMER DURABLES SECTOR

Consumer durables story is a play on the domestic consumption front. This sector can surprise investors pleasantly with higher growth and profitability



DSIJ Special

GST

Special Report

The Stocks Which Dampened Your Investment Spirit And Portfolio

Analysis

The Phoenix Mills

ISSN 0971-7579



Vol. 31 No. 17
7 Aug 2016

US \$ 10.15 UK £ 5.05 Sing \$ 10.60 Euro € 6.13

It's Time To Stand Up For Your Health

HEIGHT ADJUSTABLE TABLE

The new height adjustable table by Featherlite has achieved new heights in the workplace, and facilitates comfort and productivity by allowing users to easily alternate between sitting and standing postures throughout the day. Regular switching between these two positions is a proven method to keep lower back and neck pain caused by poor



blood circulation; and gradual but constant development of more serious illnesses like obesity, heart disease, and diabetes at bay.

SITTING FOR OVER EIGHT HOURS – HEALTH RISKS

Research shows that most of the people who work in the office and sit for long hours can suffer from some serious ailments, which are chronic. Men and women who work for more than six hours sitting in their office chair are more prone to these illnesses rather than those who sit for just less than three hours in a



day. Some health problems that may be caused by long hours of sitting include pain in the back, knees, shoulder, hips and ankles. If you experience this pain due to sitting for a prolonged period, it is best for you to stand for a while. It is because it will help you reduce the pressure on your back and at the same time allow your legs to carry your weight.

HEIGHT ADJUSTABLE TABLES- HEALTH BENEFITS

Height adjustable tables are a new generation of worktables that offer flexibility to users who sit glued to their workstations for more than eight hours. Study shows that people who sit and stand during their work period decrease the musculoskeletal pain after four to six

weeks of working using a height adjustable table. They become more comfortable, and thus work effectively and productively.

Adapting a flexible working method has several benefits attached to it . It may include the following:

- It will help you control your weight wherein it helps you make your activity easy and burn some excess calories in your body.
- It helps to maintain your right posture and maintain a better physique.

- It has the ability to give you great focus and concentrate well in your work effectively.
- You will feel more active even after working all day long.
- It will help you boost your energy levels.
- Different sitting positions while working are facilitated by the height adjustable table.
- You will suffer from less pain and aches.
- Using height adjustable table will obviously improve blood circulation, resulting in good nourishment of your muscles, making you healthier and stronger.

FEATHERLITE HEIGHT ADJUSTABLE TABLES

Featherlite height adjustable tables come with simple buttons that will help you adjust the requirements of your sitting and standing positions. Everest White Table, is one of the top product, featuring 5 feet dimension with 2.5 feet that cause no visual distraction while working, instead they will foster creativity. These tables give workers an ability to adjust workstation height without the help of electricity that too quickly, effortlessly, and quietly while promoting and encouraging frequent working style transitions.

Research shows that alternating between standing and sitting is the best way to guarantee a healthy spine, lessen fatigue, and boost productivity. Featherlite Height Adjustable table allows workers to re-energize themselves throughout the day by changing positions whenever they want for a more comfortable and healthier working day.

This product is simply perfect for business start-ups as well as freelancers or individuals who work at home.