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Height Adjustable Tables

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

They become more comfortable and work effectively and productively. Research shows that alternating between standing and sitting is the best way to guarantee a healthy spine, lessen fatigue and boost productivity. Here are some of the benefits of using them:

- The tables will help you control your weight – they help you make your activity effortless and also help you burn excess calories in your body.
- They help you to maintain the right posture and have a better physique.
- These tables have the ability to grant you better focus, so you can concentrate well in your work.

- You will feel more active working all day long.
 - They will help you boost your energy levels.
 - You will suffer from less pain and ache.
- Height adjustable tables improve your blood circulation, resulting in good nourishment of your muscles, making you healthier and stronger.

The best solution

Featherlite height adjustable tables come with simple buttons that will help you sit and stand without much difficulty. The Everest White Table is one of the top products, measuring 5 feet by 2.5 feet. These tables give workers, an ability to adjust the surface height without the help of electricity. These tables help workers to reenergise themselves throughout the day by changing their position whenever they want to, for a more comfortable and healthier day. This product is perfect for business start-ups, freelancers and individuals who work from home.

Stand up for your health

FEATHERLITE'S HEIGHT ADJUSTABLE TABLES ARE THE WAY TO GO

BY OUR FEATURE WRITER

Sitting is the new smoking. If you sit for more than eight hours every day, you are bound to have problems in your back, knees, shoulder, hips or ankle. Here is where Featherlite has come up with a formula that works seamlessly.

Welcome to the new height adjustable tables. These achieve new heights of productivity and comfort at your workplace as they allow 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 at bay. Caused by poor blood circulation, sitting for long hours is known to cause more serious illnesses like obesity, heart disease and diabetes.

The Health Risks

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 back, knees, shoulder, hips and ankle health problems. If you feel all of these pains due to sitting, it is best for you to stand for a while. It is because it will help you reduce the pressure in your back and at the same time allow your legs to carry your weight.



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