

vari.[®]

**Classroom
Standing
Desk
Benefits**



Vari® Education products were developed based on research conducted by the Ergonomics Center at Texas A&M University, with a design meant to work in classrooms.

They were created to meet rigorous safety standards while allowing for more movement that encourages increased engagement and better health.

Top Research-Backed Benefits of Standing Desks in the Classroom:

Exercise is proven to be an effective way to improve memory and focus. Students who have the freedom of more movement in the classroom experience a whole host of benefits.

- 5% Improved Standardized Test Scores*
- 15% Increased Engagement*
- 20% Increased Calorie Burn*
- 5% Reduction in BMI Percentile*



A photograph of two young women sitting at a desk in a classroom, looking at a laptop. The image is overlaid with a blue tint. The woman on the left has blonde hair and is wearing a dark top. The woman on the right has dark hair and is wearing a patterned top. In the background, there are shelves with various items, including what looks like a dinosaur skeleton model.

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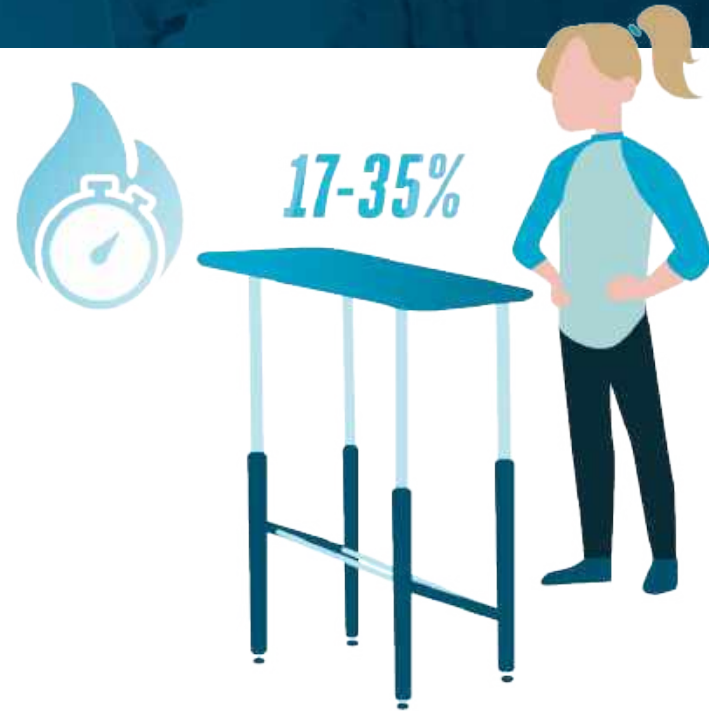
We are finding that with standing desks in schools, the children are more focused and more on task. This is great news for teachers: they don't have to stop and discipline and correct behavior. But it's really great news for all of the students from an academic perspective because when a teacher can continue to teach and not have to discipline... everyone's learning level can increase.

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Dr. Mark Benden, Director of the Ergonomics Center at Texas A&M University

Enhanced Health

Standing desks can increase calorie burn by 17-35% and decrease BMI percentile by 5%.* Achieving and maintaining a healthier weight is linked to increased confidence and self-esteem, which is directly tied to attendance rates.



Improved Academics

Moving more and sitting less in class can lead to 3-5% improvement on test scores.*





Increased Engagement

Standing desks lead to better focus and attention in class. Students have more eye contact with teachers and 7-9 more minutes of engagement per hour— an increase of up to 15%.*



Reduced Disruptions

Both research and teachers suggest that classrooms that offer students more flexibility to move have reduced incidents of behavioral disturbances, fewer distractions, and improved collaboration.*





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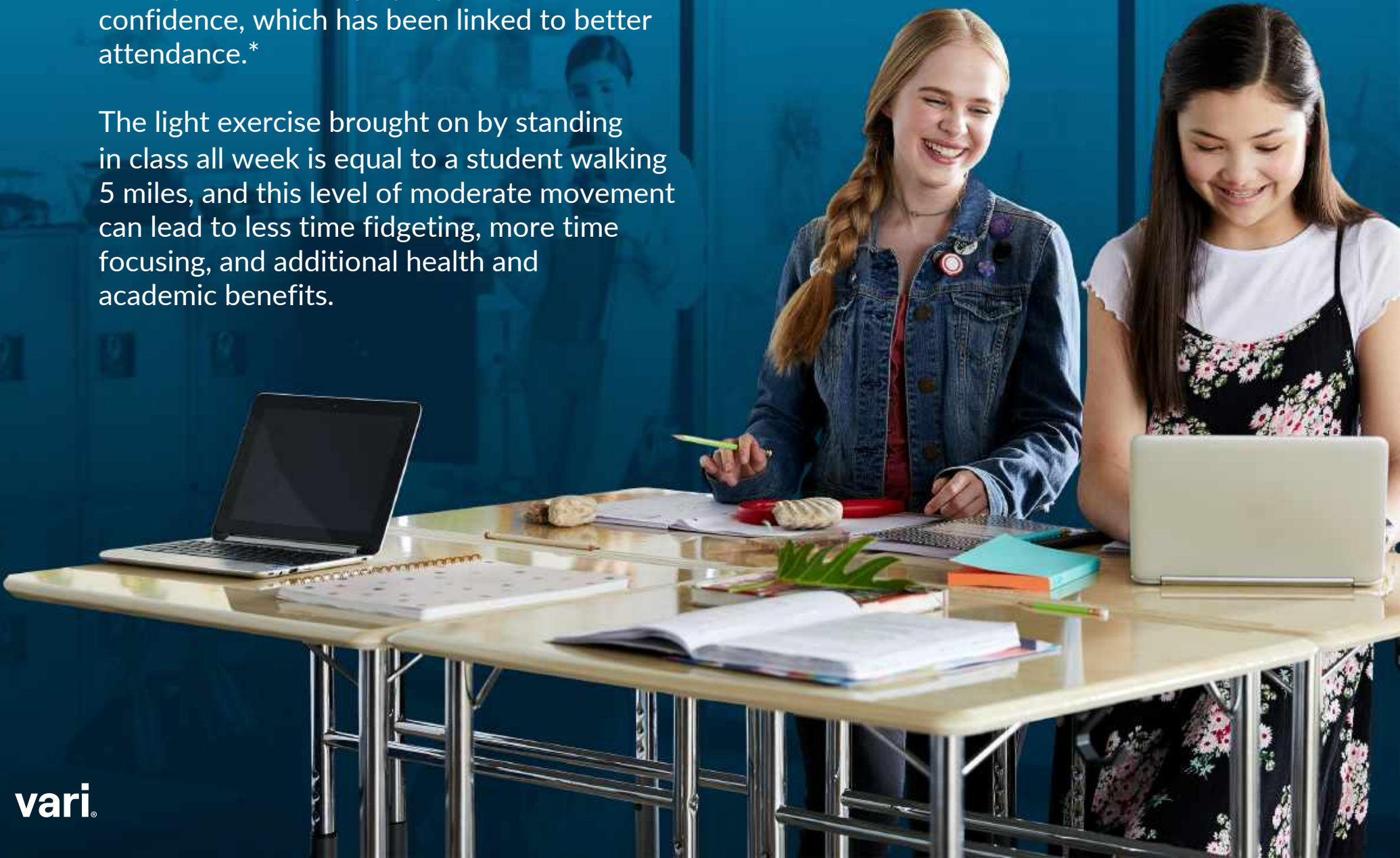
I feel that the frequent change of positions helps the students to better regulate themselves, which allows for a sharper focus on classroom learning. ””

Mark Knoll, Jr. High Teacher at Westmount Charter School

Movement is healthy

for the body and mind. It can help release mood-lifting endorphins and can play a part in self-esteem and confidence, which has been linked to better attendance.*

The light exercise brought on by standing in class all week is equal to a student walking 5 miles, and this level of moderate movement can lead to less time fidgeting, more time focusing, and additional health and academic benefits.



Get Started

The full line of Vari education products is perfect for settings like the library, cafeteria, workstations, learning spaces, faculty and admin spaces, private offices and more.

Plus, in addition to free returns and shipping,** we offer a FREE, 30-day trial, which allows you to try out our products in your schools before you make a commitment.

**To learn more, call us today at:
(855) 240-9004**



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