

THE TRUTH ABOUT SITTING ALL DAY

The Human body is built to be in motion but the way we work keeps us sedentary for nine hours a day. This leaves us disengaged, dispirited and fatigued. Prolonged sitting decreases productivity and morale, all while increasing healthcare costs.



SITTING FOR LONG PERIODS OF TIME IS LINKED TO DEPRESSIVE SYMPTOMS

REDUCED OXYGEN INTAKE AND DECREASED BLOOD CIRCULATION

INCREASED BLOOD PRESSURE AND HIGH BLOOD SUGAR

NECK STRAIN, MUSCLE FATIGUE AND LOWER BACK PAIN



THE SOLUTION STARTS HERE

InMovement brings you the products and services you need to unite healthy behavior with your daily job activities.



Elevate DeskTop™ DT2
Generous work surface for a fully functional workstation

Life Fitness TreadMill Desk™
Backed by 45 years of industry leading design




SMALL MOVEMENT CAN LEAD TO BIG CHANGE

A 2015 survey of InMovement customers revealed that small changes to the workday through InMovement can create a big impact.

99%  **OF PEOPLE CHANGED WORK HABITS**

A FUNDAMENTAL CHANGE
Changing behavior and transforming workplace culture.

98%  **WOULD RECOMMEND INMOVEMENT**

A MORALE BOOSTER
Cultivating positive connections through employee wellness.

90% Report influence on other behaviors
69% Increase job satisfaction

76%  **INCREASED SENSE OF EMPLOYEE WELL-BEING**

A CONTAINMENT MEASURE
Cutting down on medical costs and disability claims.

73% Rise in impact on physical health
69% Reduction in pain and discomfort

88%  **INCREASE IN EMPLOYEE PRODUCTIVITY**

A STRONGER WORKFORCE
Empowering companies to attract, retain and motivate employees.

62% Reduction in stress levels
17% Drop in absenteeism

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