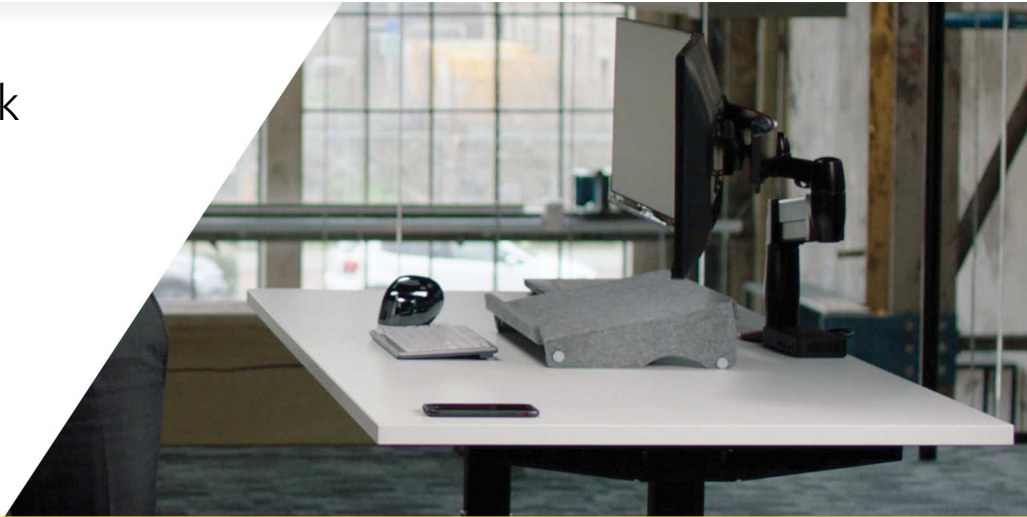


# WORK & MOVE Desk

The sit-stand table that works!



Thanks to the WORK & MOVE Desk you move more and you work more concentrated and efficient with the computer.

The built-in WORK & MOVE coach ensures that you start moving at the right time, based on personal preferences.



The effect of alternating standing and sitting means that the concentration can remain at a high level for longer (Ebara, et al., 2008).

The actual work performance during VDU work is also improved by sitting standing desk (Garrett et al., 2016; Choi, 2010; Hedge and Ray, 2004).



## Simply and more alternating between sitting and standing

Only 14-25% of regular sit-stand desks are actually used after 1-3 months due to the lack of a constant motivator to alternate between sitting and standing (D. Koning, 2017). The utilization rate of a WORK & MOVE Desk is between 84-91% (G. Garrett et al 2019, Sharma 2018). With a WORK & MOVE Desk you not only increase the return on your investment but at the same time you also increase the performance of the user. This while he / she carries out his / her tasks at a WORK & MOVE Desk in a more concentrated, better and with more energy.



 [Watch product online](#)



## The WORK & MOVE Desk provides:



### Easy to change

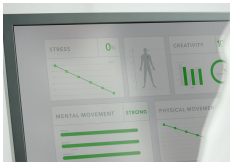
You can set your desired sitting and standing height with the WORK & MOVE software. Your personal coach will tell you when it is time to change. With one mouse click / shortcut, your table automatically moves to the height you set.

### More movement

Set how often you want to alternate and how long you want to sit or stand. Your personal WORK & MOVE coach will then tell you when it is time for a change. This promotes the use of the WORK & MOVE Desk and prevents a static posture.



**WORK & MOVE**

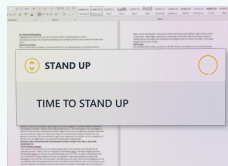


### More concentration

Alternate sitting and standing regularly to recharge your mental and physical battery and to keep your concentration longer. Thanks to the WORK & MOVE Desk, this is easy to achieve.

### Higher productivity

In addition to physical movement (such as alternating sitting and standing), you can also set mental movement moments with the WORK & MOVE software. You will make fewer mistakes and improve the quality of your work.

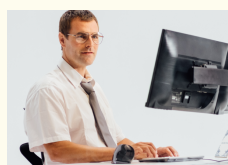


### Shorter payback time

Thanks to the built-in WORK & MOVE coach, the use of the WORK & MOVE Desk is high. The financial, physical and mental return on your investment is therefore high, resulting in a short payback period.

### Happy users

The WORK & MOVE Desk motivates users to move physically and mentally at the right time. This is under the user's own control capabilities. Positive feedback and motivation to get moving results in satisfied users.



## Knowledge Center

Can people be nudged with a software program that reminds them when it is time to stand up or sit down again?

Texas A&M University researched the issue and the results reveal that employees can be most effectively motivated to use – and keep using – their sit-stand desk when they receive ...

[Read more online](#)

## Specifications

Width	1600 mm (62.99 inches)
Height	650 mm (25.59 inches)
Depth	800 mm (31.5 inches)
Weight	5.2 kg (182.01 ounces)
Product code:	BNEWMDBTW160 (Multiple versions)

## Contact

 **BAKKER ELKHUIZEN**

BakkerElkhuizen  
 Taalstraat 151  
 5261 BC Vught  
 Netherlands  
 tel. +31 365467265  
 email. info@bakkerelkhuizen.com  
 website: www.bakkerelkhuizen.com