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This site is not available in your country Sendungen 10.1.: Neue Staffel! Published on January 1, 2021 Chairs and tables are a necessary part for most people's work environment, but come at a cost. Often, people experience back pain or neck pain from sitting in front of a computer. And in some extreme cases, people can experience some health problems because of sitting in their seats all day. This problem has been around for a long time, long before this pandemic started because people's lives involve a lot of sitting. Not only did we sit at the table but we also sat on the couch to watch TV and more. According to the study, we spend an average of 13 hours per day sitting — either for recreational or work purposes. It is not surprising that people need to find better solutions to improve posture. One of the best tools made because of this is the standing table. A new take on something familiar, we'll go into the details below about the benefits of standing desks which one is considering buying.7 Benefits of Standing DeskIf you're not too familiar with the standing table trend, know that you're not alone. Standing desks have recently become popular and not everyone out there is too interested in them. But allow me to show you some reasons for you to be interested in them and consider getting them.1. You will Lose WeightSerial, losing weight requires burning more calories than what you take. You gain weight by taking more calories than what you burn. In the case of sitting at a table, you don't really burn calories even though your muscles are sore and stiff after a while. On the other hand, even things like standing do actually burn calories. Research shows that standing has burned more than 170 additional calories. In other words, you can burn almost 1000 extra calories just by standing at your desk every afternoon at work. The study also showed that sitting longer is associated so strongly with metabolic diseases and obesity.2. Lower Blood Sugar LevelsAlong the same line, sitting for long periods of time can make your blood sugar levels increase after eating. This is especially true among those with insulin resistance or type 2 diabetes. Even just standing at a table after lunch can do a lot of good as evidenced by some office workers. The researchers said that standing for 180 minutes after lunch reduced the risk of blood sugar spikes by 43% compared to those who sat down. That's one of the many benefits of standing desks.3. Lower Risk of Heart DiseaseIf you have high blood sugar low and burn more calories, you will naturally avoid fewer heart problems in the future. It's widely accepted at this point that the more you sit down, the more at risk of getting heart problems you'll have.4. Reduce Back PainI wouldn't suggest standing desks if I didn't believe them such as helping to relieve back pain. But there is scientific research to support the claim that standing desks do reduce back pain. One study found that participants reported 32% relief in lower back pain after several weeks of using a standing desk. The CDC also found that using a sitting table reduced back and upper neck pain by 54% after 4 weeks of use as well. 5. Increase ProductivityOne common misconception about standing desks is that they inhibit everyday tasks such as typing. While we wouldn't agree that standing while working will take time to get used to, most people haven't seen a significant impact on typical work tasks. One study found that by using a standing desk for 4 hours each day, there was no impact on the characters typed per minute or typing errors. In fact, you may be more productive than ever because standing improves mood and energy levels.6. Improving Mood and Energy Entering in more detail with this, research shows that improved mood and energy levels are caused by reduced stress and fatigue. One study found that those who used standing desks reported less than two of those things. What's more striking is that when people sit back at their desks, the overall mood and energy levels return to their original levels.7. Live LongerConsidering there is less risk than many health concerns that alleviate just by standing up more, it makes sense you will live longer than this whole. There is a huge amount of research showing how sitting is harmful to our overall health. So, standing is more reasonable, demonstrated by the various benefits of standing desks that I present here.10 Best Standing DeskAll more studies appear about the benefits of standing desks, the more attractive they become and the more people want to buy them. Of course, many businesses have reached that demand and provided a variety of options. Below, I've picked some of the best standing tables around that give you all of the above benefits and offer some other unique aspects.1. The Most Desk Space Standing DeskThis is one of the best sellers around and for good reason — the standing desk of FEZIBO allows you to reap the benefits of standing desks and offers a few other things to go with it. One of the main aspects of this is the large workspace. It includes a 55 x 24 space that offers plenty of standing space. In fact, you can easily put two desktop monitors on this table if you want! Buy a table here.2. Best Customizable Compact TableFor those looking for a compact standing table, which is from Classics are a good choice. Unlike standard standing desks, this is more of a platform standing desk. It's meant to be above the work station rather than on its own. Even with that small case, it offers enough space — about 30 inches wide and 20 inches wide — and has a keyboard tray as well. Also, another good thing about this table is that you can easily — and without noise — turn this into a standing and sitting table. Buy a Seville Classics table here.3. Alternative compact table Adjustable Compact DeskAnother alternative similar to Seville Classics is the one from ABOX. They have an electric-powered lifting table that can adjust to various heights. Like Seville, you can use this to sit and stand. However, what is unique about this is the slightly larger space it provides plus a single-button automatic lift. Beyond that, the design is sturdier and can hold up to 44 pounds. Buy the ABOX standing desk converter here.4. Best High Rise Standing DeskFor those who want a more unique design, one of the options is the Victor High Rise Collection. Like the previous two, this does require the support of an existing work station. However, the big key difference is where everything is positioned. Since this standing table uses a support pole, it is ideal for monitors if you plan to use it for standing. It also offers a sitting opportunity thanks to additional panels that can be attached to the support pole. Another important feature is the easy tap technology, allowing it to be converted quickly. It also has a safety sensor that protects you and your desk because the sensor detects objects when lowering to a sitting position. In addition, since this is a support pole, you are allowed to freely adjust the height at any time. Try it here.5. Best L Shaped Electric Standing TableFEZIBO offers many quality standing tables and the other one we want to mention is their L-shaped electric standing table. It can support itself so it doesn't need additional work station support, and also in a unique form unlike any other desk on this list. It's fully electric too, capable of adjusting it easily between standing height and sitting height if needed. The design also makes it ideal for corner space or if you want to combine several L-shaped tables in the co-working space. Try this table here.6. Ideal Office Study DeskOne of the benefits of a modern standing desk is its adjustable height. With a dual motor working together, this standing desk offers a smooth and simple adjustment in terms of height. It's also one of the sturdier tables made of heavy-duty steel. It can hold more than £260 and offers the same height as many stand-alone tables on this list. Another good feature is the 4 preset buttons. It allows you to adjust the height of the table by doing that to memory. Just press M to adjust the position and set it. Ergosoft standing desk here.7. Ideal Surface TopTypical standing desks often use wood or metal, but you can find rare standing tables that use bamboo. In the case of Uplift Desks, some surface tops Bamboo. Why is this so important? Well for one, bamboo is sturdier than most other materials at the same time environmentally friendly and still has an attractive look. It can lift 355 pounds with 3-stage legs and offers double monitor space. It even comes with a 10-year all-inclusive warranty whose coverage is unlike what other companies typically offer. Get a bamboo table Uplift here.8. Alternate L-shaped Standing DeskIf you're looking for another L-shaped table, the alternative is the one from Mr. Ironstone. A different advantage of this standing table is the ease of installation and cleaning — easier cleaning is thanks to the anti-skid and scratch-resistant surface material. Buy Mr. Ironstone's standing desk here.9. Best Standing Table FrameWith most tables can be broken down easily, other options simply change the base of the table. In the case of FEZIBO frames, it provides the same high quality but at a smaller price because it only gets the frame. This particular frame is made of metal, has 4 lockable casters and cable management trays and touch controls, and is 43.31 to 59.05 in length—making it compatible with most of the work station bosses you want to attach. Buy a frame here.10. Standing DeskSIDUCAL laptops make standing desks suitable for laptops. While it will be difficult to get a monitor, a laptop standing desk can offer some other unique amenities. For one, this is a very mobile standing desk, allowing you to move it around the office space easily. Second, because it is designed for laptops, it is lightweight and has customizable panels for laptop placement. Lastly, it still offers a decent amount of space for other items — not another desktop, but office supplies, a bottle of water, and other items will be fine. Buy a laptop standing desk here. Bottom LineThere are many of the benefits of standing desks, and their modern ergonomic design offers more beyond the existing standing benefits. As you can see, even these tables offer additional amenities that regular desks can offer—and then some. Buy one of the recommended standing tables today, and enjoy the benefits of owning one. Featured photo credit: LinkedIn Sales Navigator via unsplash.com unsplash.com

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