



SIT/STAND DESKING



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INTRODUCTION

Create a healthy, productive workplace with Rise

We spend at least nine hours of our day sitting down. This includes commuting to work, the time we spend at our desks and our leisure time. Sitting down for such long periods can significantly impact on our health and wellbeing. Sitting for long periods has been found to slow our metabolism, affecting the body's ability to regulate blood sugar and blood pressure, and also slowing the breakdown of fat. It also impacts on our posture and digestion, but perhaps more significantly, it affects our mood and productivity.

Standing desks break this cycle of prolonged sitting and can help reduce the considerable stress on our bodies. Standing more during our work time can help us avoid the typical muscular aches and pains experienced from being sedentary. It can also significantly improve our productivity by up to 20% throughout the day.

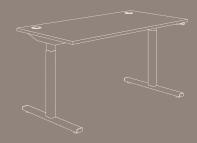
The Rise Range

The Rise family of desks include the Rise, Rise Lite and Rise Squared. Each has been expertly designed to deliver the benefits of sitting and standing in the ever-changing modern workplace. The beauty of these desks is that each model can be quickly and easily adjusted from a seated height of 635mm up to a standing height of 1290mm. Each desk can be adjusted to suit our own individual height whenever required, ensuring our working day is always comfortable, whether we are standing or sitting. Sit-stand desks enable us to vary our posture and avoid the considerable health risks linked with prolonged sitting.



HEIGHT ADJUSTABLE DESKING

For anyone working in a modern, fast-paced workplace, wellbeing and productivity are more important than ever. The Rise family of sit/stand desks create a healthy and productive working environment, offering the choice of sitting and standing throughout the workday.

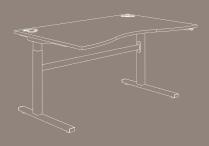


RISE LITE

Rise Lite is a cost-effective version of Rise with no cross bar and a Type A control panel. Rise Lite can be dressed for the occasion with a selection of optional accessories, such as cable trays, spines or modesty panels.

Rectangular	@
Single Wave	•
Double Wave	•
Workstations	8
120 Degree Workstations	8

Height Range: 720mm - 1220mm



RISE

Rise is a stand-alone desk with a cross bar for enhanced stability. It has a scalloped top for cable egress and accepts desktop accessories. Cable baskets with cable risers are available to allow for fluid mobility, along with fixed CPU holders.

Rectangular	•
Single Wave	•
Double Wave	•
Workstations	•
120 Degree Workstations	•

Height Range: 635mm - 1290mm



RISE SQAURED

Rise Squared is a premium bank of two desks back to back, fixed together by a fully welded frame with integral cable control, split by a two-tier screen.

Both desks have a scalloped top for cable egress and accepts desktop accessories.

Rectangular	•
Single Wave	•
Double Wave	€
Workstations	(8
120 Degree Workstations	8

Height Range: 630mm - 1280mm





RISE LITE

SYNOPSIS

The Rise Lite delivers a cost-effective, simple yet versatile desk or table for the workplace, that can be adjusted in height as required. The desk comes with a Type A control panel that offers flexibility and control to the user, which can be tucked away when not in use. Desktops can be specified with cable ports or scallops for effective cable management and the choice of Rectangular, Single Wave or Double Wave desktops. Modesty panels can also be added to screen off the seated area if required. Delivered fully assembled, its sleek design blends into any modern office environment.





RISE Synopsis

The Rise desk solution looks similar to the Rise Lite, but comes with a reinforced bar underneath the table top to create a stronger structure. Rise comes with four options of desktop controls and is also compatible with Height Adjustable Sit/Stand Bluetooth Apps. Like the Rise Lite, desktops can be specified with cable ports or scallops for effective cable management. Choose between Rectangular, Single Wave, Double Wave, Workstations or 120 Degree desktop set ups with the option of modesty panels if required. Delivered fully assembled, its sleek reinforced design blends into any modern office environment.





RISE SQUARED

SYNOPSIS

The Rise Squared desks provide a versatile sit-stand solution, without the traditional limitations of sit-stand desks. With scalloped tops for easy cable management, the Rise Squared is also available with integral cable control. It is compatible with desk screens and desktop accessories. Rise Squared is available with a selection of control panels to create a sit-stand desk that is the most beneficial for the user. The electric height adjustment controls deliver a smooth transition from sitting to standing, enabling users to vary their posture throughout the day. Desktops can be specified with cable ports or scallops for effective cable management.









12 HOURS

the amount of time the average person sits per day



4th LEADING

risk factor for global mortality is physical inactivity



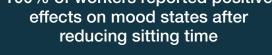
3.2 MILLION

deaths a year are related to physical inactivity



100% of workers reported positive effects on mood states after







of workers will be mobile by 2020

Source: International Data Corporation



37% of men spend less than 30 minutes a day up on their feet at work

BRAIN POWER

Standing delivers more oxygen

and nutrients to the brain through improved blood flow

IN THE OFFICE

Studies show movement is linked to improved

concentration and

greater productivity

IN THE CLASSROOM Studies show that movement strengthens

learning and improves memory and retrieval

45% of women spend less than 30 minutes a day up on their feet at work

50% regularly eat their lunch at their desk

Source: Get Britain Standing / British Heart Foundation



The huma designed



SHOULDER

It's a common misconception that exercise can compensate for too much sitting. Even if you engage in the doctor-recommended 150 minutes of moderate to vigorous activity per week, you are still subject to the negative impact of too much sitting.

Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest.

> ВВС **NEWS**



HEART RATE



SEATED

Average Beats Per Minute



STANDING

Average Beats Per Minute

in body is to move

Office workers spend approximately two-thirds of the working day in seated tasks



TYPE 2 DIABETES

As the rate of those affected with Type 2 diabetes continues to increase, breaking up sedentary time can aid in managing insulin levels and reducing that risk, as there is a significant correlation between excessive sitting and diabetes. Interrupting sitting time can be effective in lowering postprandial glucose and insulin levels.



SITTING DISEASE

Daily excercise is not enough to counteract excessive sitting. If you are physically inactive you are at significant risk; and if you are physically active you're still at high risk.

Source: Ergotron Just Stand



Standing more can increase your energy and productivity levels, lower your stress and improve your mood.

MIND



THE BENEFITS

There are a great number of attainable benefits to our health, our minds and our bodies, if we simply choose to stand up, sit less and move more.

HEALTH

Standing more can lower your risk of serious health issues ranging from cancer to early mortality.



BODY

Standing more can boost your metabolism, tone muscles and even reduce common aches and pains.



Alternate

between sitting and standing every 30 minutes for optimum health

Standing burns 50 calories more per hour than sitting

Average Daily Activities

Sleeping 8 Hours

Sitting at Work 7.5 Hours

Watching Television 1.5 Hours

Leisure Time 1.5 Hours

On Home Computer 1.5 Hours

Eating 1 Hour

Active/Standing 3 Hours



BODY POSTURE

Adopting the correct sitting and standing positions is essential for maintaining good posture and a healthy back and spine. Most people can improve their sitting posture by following a few simple guidelines and help reduce the risk of health issues.



Sitting down for too long is a 'silent killer', medics warn

A report published in the British Journal of Sports Medicine recommends that workers find ways to stand for an extra four hours every day

The Daily Telegraph



POWER & CABLE MANAGEMENT

We understand the need for connectivity in the forms of power, data and communications. Whether they're using mobile devices or permanently hosted equipment, desking can be 'dressed' with a simple management system that controls cables along its length, or fitted with modules that allow users to plug and play whenever the need arises. We seamlessly integrate units into the top to create a premium feel and enhanced experience, forming an easily accessible power outlet which reduces the hazard of cables across the workplace floor.



W2BLACK 80mm Dia. Circular Double Sided Cable Port - Black



W80SIL 80mm Dia. Circular Double Sided Cable Port - Silver



W80WHITE 80mm Dia. Circular Double Sided Cable Port - White



DTPXTPH
1x UK Power & Twin
USB Fast Charge
Available in Black or White



DTPT-20 1x UK Power & Twin USB Fast Charge 2x Cat 6 Data



DTPT02U 2x UK Power & Twin USB Fast Charge



DTPCA
Qi Compatible Aircharge
Module with Black Inner
and Aluminium Bezel



DTPCB Qi Compatible Aircharge Module with Black Inner and Black Bezel



CONTROLLERS

The Rise Range offers a choice of four controllers to allow the user to adjust the desk height to plan a more comfortable working position.



TYPE A

Ideal for users who only require up and down functions. Panel can be retracted when not in use.



TYPE B

As well as the up and down functions, this panel can be programmed with up to three set heights.



TYPE C

As well as the up and down functions, this panel can be programmed with up to three set heights, with digital height display



TYPE E

This angled control has an intuitive tilt function for activation. It has integrated Bluetooth connectivity that is compatible with 'Desk Control' apps and a digital display. It can be programmed with up to four memory positions.





THE RISE RANGE BLUETOOTH CONTROLLER

Desk Control is an app developed for users of sit/stand desks. The app allows the user to connect to the desk via Bluetooth® wireless technology and will now motivate to use the desk efficiently. The app tracks the usage of the desk shown and helps the users reach their daily goal by sending reminder notifications on the smart device. By downloading the "Desk Control" app, the desk user comes one step closer to changing the prolonged sitting behaviour and the user gets the friendly reminder needed to build a healthy routine during the workday.



MFC FINISHES

Gresham MFC Collection - Surfaces

A chic choice of 12 classic wood grain finishes and 5 fashionable yet subtle colours.



Gresham MFC Collection - Edging

Superior high impact resistant ABS edging is used on all our board finishes in preference to the less environmentally friendly Polyvinyl Chloride (PVC).



LAMINATE FINISHES

The Kiko Collection - Surfaces

A deluxe selection of plain colours, wood grain effect High Pressure Laminate finishes.



The Kiko Collection - Edging

Match or complement your chosen Laminate with ABS edging.



IAMINATE FINISHES

The Halo Collection

120 Plain Colours answering key interior trends for new blues, pastels and nature inspired eco palettes. We have a large selection of matching Edging to choose from that perfectly compliments our Halo Collection.

г	Т	г				г	П	П	
F0949	F2696	F2255	F1093	F7934	F2001	F3091	F2274	F2010	F7927
White	Super White	Polar White	Aries	Pearl	Baikal	Crystal White	Blanc Polaire	Malibu	Folkestone
F7923	F2791	F7938	F1484	F1994	F7961	F7902	F7858	F0189	F7924
Surf	Silver	Glacier	Steel	Fox	Fog	Iron	Pumice	Sparta	Lead
F1535	F7928	F2770	F3202	F7912	F2297	F7837	F2253	F9266	F5342
Tornado	Mouse	Sarum Grey	Otter	Storm	Terril	Graphite	Diamond Black	Citadel	Earth
F7949	F1534	F1192	F1040	F7932	F2273	F1531	F2774	F0547	F2296
Soft White	Magnolia	Porcelana	Alpino	Antique White	Seringa	Irish Cream	New Magnolia	Papyrus	Snow White
F0901	F2833	F3050	F7929	F1532	F7882	F7940	F1803	F8751	F0187
Gobi	Sandstone	Cygnet	Oyster Grey	Eldorado	Pale Gold	Spectrum Yellow	Tenere	Mojave	Kashmir





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Visit our brand new website which features High Resolution Imagery, Specification Sheets and CAD Blocks of all our Ranges.

WWW.GOF.CO.UK





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