

## INVIGO SIT-STAND DESKS



copeland   
FURNITURE

[copelandfurniture.com](https://copelandfurniture.com)



# WHY SHOULD I CHOOSE A SIT-STAND DESK?

- A typical desk worker spends from 9 to 12 hours each day sitting. Add time spent sleeping and that's up to 19 sedentary hours every day.<sup>1,2</sup>
- A sedentary lifestyle dramatically increases the risk of diabetes, obesity, heart disease, chronic pain, depression and a host of other illnesses.<sup>2</sup>
- Exercise alone cannot fully offset the harmful effects of a sedentary lifestyle. Even for those who regularly exercise, prolonged periods of sitting can reduce circulation, and can introduce risk factors for a number of diseases.<sup>3, 4</sup>
- Incorporating periods of standing into your daily routine can reduce the risk factor for obesity, diabetes, cardiovascular disease and cancer.<sup>4</sup>
- In addition to health benefits, workers who use sit-stand desks have been shown to be more alert, energetic and productive.<sup>5</sup>

# WHAT TO LOOK FOR IN A SIT-STAND DESK

## **DURABILITY OF WORK SURFACE**

Desk tops receive heavy use.

Veneers/laminates are often not up to the task.

## **RANGE OF MOTION**

Most sit-stand desks have either 2 or 3 lift stages.

Three stage desks generally have a greater range of motion.

## **BREADTH OF OPTIONS**

Choose a desk for the appropriate size, shape and edge profile and select add-ons such as drawer, keyboard tray, monitor arm, privacy panel and wire management as necessary.







## **HAND CONTROL UNIT**

Desks with programmable pre-set heights can be customized to one or more users' personal requirements.

## **MOTORS**

Electronic sit-stand desks generally have single or dual motors. Dual motor desk tend to operate more smoothly and can accommodate a greater load.

## **AESTHETICS**

While inherently utilitarian in nature, a sit-stand desk can either enhance or detract from an interior environment. A wide range of wood finishes, base colors and decorative elements will allow a personal touch as well as help the desk blend seamlessly into its surroundings.

# CUSTOMIZING YOUR SIT-STAND DESK

## 1. CHOOSE YOUR SIZE

Invigo desks are available in a wide range of sizes.

Consider both the available space and your functional requirements.

26"x48" (2648)

30"x48" (3048)

26"x54" (2654)

30"x54" (3054)

26"x60" (2660)

30"x60" (3060)

26"x66" (2666)

30"x66" (3066)

26"x72" (2672)

30"x72" (3072)

## 2. CHOOSE YOUR SHAPE

Rectangle (REC)

Rounded rectangle (RRA)

Rectangle - with cutout (RCU)

Rounded rectangle - with cutout (RRC)

rectangle

rounded rectangle

rectangle with  
ergonomic cutout

rounded rectangle  
with ergonomic cutout

## 3. SELECT AN EDGE DETAIL

**Squared edges** provide a more contemporary aesthetic.

**Eased edges** can provide more comfort for resting arms.

Square (SQ)



Eased edge (EE)



## 4. CHOOSE YOUR TOP FINISH



Natural Cherry (03) Autumn Cherry (23) Cognac Cherry (33) Saddle Cherry (43) Smoke Cherry (53) Walnut (04)



Soaped Ash (54) Weathered Ash (55) Seared Ash (56) Taupe Ash (57) Sand Ash (58)

## 5. CHOOSE YOUR BASE COLOR



Black (B) White (W)

6. CHOSE DESKTOP ACCESSORY OPTIONS

Each desk includes three locations that can be configured for optional desktop accessories.



DESKTOP ACCESSORY - LEFTHAND

No Accessory (LN)

A. Grommet (LG) B. Powered Insert (LP) C. Monitor Arm (LM)

DESKTOP ACCESSORY - CENTER

No Accessory (CN)

A. Grommet (CG) B. Powered Insert (CP) C. Monitor Arm (CM)

DESKTOP ACCESSORY - RIGHTHAND

No Accessory (RN)

A. Grommet (RG) B. Powered Insert (RP) C. Monitor Arm (RM)



7. PENCIL DRAWER OR KEYBOARD TRAY

Available on Rectangle or Rounded Rectangle tops.  
Not available on tops with Ergonomic Cutout.



Pencil Drawer (DR)

Keyboard Tray (KT)

8. MODESTY PANEL

No Panel (NP) Include Panel (MP)



9. WOOD LEGS

No Wood Legs (NW) Wood Legs (WL)





**ABOUT COPELAND** For over 35 years, Copeland Furniture has been designing and manufacturing high quality, solid wood furniture in Bradford, Vermont. Throughout these decades, we have firmly adhered to three core values: timeless design, heirloom quality and a genuine commitment to sustainability. As a set of operating principles, this is the antithesis of today's disposable culture where products are intentionally designed and fabricated in such a way to require frequent replacement. Our furniture is manufactured to be with you for life and handed down to future generations. We believe permanence is the essence of sustainability.

The combination of these values, along with our exclusive use of high quality North American hardwoods, results in a discernibly unique aesthetic - a soft, naturalistic Contemporary that brings warmth and life to any living environment.

Please visit us on the web and learn more about Copeland Furniture.  
[www.copelandfurniture.com](http://www.copelandfurniture.com)



[copelandfurniture.com](http://copelandfurniture.com)

**REFERENCES:**

<sup>1</sup> **Calorie burner: How much better is standing up than sitting?**  
Magazine, BBC

<sup>2</sup> **Get Off your Duff! Sitting is the 'New Smoking'**  
Lorie Johnson, CBN News

<sup>3</sup> **Sitting is the New Smoking - Even for Runners**  
Selene Yeager, Runner's World

<sup>4</sup> **Five Health Benefits Standing Desks**  
Joseph Stromberg, Smithsonian.com

<sup>5</sup> **Stand and Deliver**  
Jonathan Swan, Executive Style

