

Crestline™

Aktiv Worksystem



Instant Sit-To-Stand



Aktiv Worksystem.

Why Sit-Stand?

- With all the evidence highlighting the benefits of spending some time standing while you work, desks that allow quick, easy transition from sitting to standing height are seen as a great leap forward in ergonomics and office staff wellbeing.
- While adjustable desks are readily available, the typical system using screw thread or hydraulic adjustment and activated by means of hand crank or electric motor drive, are generally too slow to adjust up and down over the 400-500mm height range required for sit-stand and therefore don't get used regularly throughout the day. This dramatically reduces the effectiveness of the workstation because the most benefit is gained by spending some time standing every hour.

Instant Height Adjustment

- Featuring a unique counterbalance gas-spring mechanism, AKTIV BALANCE enables simple, virtually instant height adjustment from 680mm-1180mm for effective ergonomic sit-stand usage.
- The desk height can be changed as quickly as you can stand up - simply release the patented safety lock with one hand and the desk weightlessly glides up or down to the desired position. Because it is so easy, operators change the height of their desks many times during a day which maximises the health benefits of the sit/stand concept.
- Easy to use - no slow cumbersome crank handles to tediously wind the desk to the desired height.
- Economical to operate - no electric motors that use power.

AKTIV adjustment lever



- Silent - no noise distraction from motors.
- Reliable - No electrical connection or motor problems.
- Simple mechanism - minimises any maintenance issues.
- Optional Tension Adjust Handle - allows a user friendly adaption of the gas spring strength according to the actual desk load (load margin approximately 30kg).
- High quality - German engineering for maximum reliability.



In our modern sedentary culture we sit way too much. That's clearly the conclusion of the research. But that research also highlights the obvious remedy: standing!

About sitting.

Decreased muscle activity from long periods of sitting causes our metabolism to slow down. This results in lower blood flow which reduces oxygen supply to the various parts of the body.

- Like many Health experts, The American Medical Association (AMA) agrees that sitting for extended periods of time can be bad for personal health. Their newly adopted policy recommends business organizations offer sitting alternatives, including standing desks.
- Prolonged sitting can result in lower levels of alertness, inattention and general discomfort due to reduced blood flow and oxygen to the brain. We try to make minor changes to our posture but this doesn't provide adequate blood flow to seriously relieve the discomfort.
- Excessive sitting impacts our body's metabolic system: "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease... Every two hours spent just sitting reduces blood flow and lowers blood sugar, increasing the risk of obesity, diabetes and heart disease."
– James Levine, MD, PhD
- Global studies show, on average, we sit 7.7 hours a day, and some results estimate people sit up to 15 hours a day.
- Muscle contractions help the body's efficiency to clear blood sugar and blood fat levels. When we are sitting, there are no muscle contractions. This leads to the increase of glucose levels which increases the risk of heart disease and diabetes.
- Musculoskeletal disorders can result from slouching, rolling the spine. This causes pain in the back, neck and shoulders.
- Combating sitting disease with added gym-time may not work: most people don't have time for MORE exercise, and more exercise time may not even reverse sitting disease. "We've become so sedentary that 30 minutes a day at the gym may not counteract the detrimental effects of 8, 9 or 10 hours of sitting."
– Genevieve Healy, PhD

"Sedentary lifestyles increase the risk of cardiovascular disease. For people who sit most of the day, their risk of heart attack is about the same as smoking."

—
Martha Grogan,
Cardiologist, Mayo Clinic





About standing.

The obvious remedy to sitting disease is standing— stand up when you talk on the phone, or when engaged in non-intensive tasks such as replying to emails.

Key benefits of both sitting and standing.

- Standing is like walking: It increases energy, burns extra calories, tones muscles, improves posture, increases blood flow and ramps up metabolism.
- Standing while you work engages your back muscles which results in reduced musculoskeletal symptoms such as back and neck pain. You also burn a lot more calories than when you're sitting which helps with maintaining a healthy body weight.
- It is consistent with OHS guidelines regarding the importance of regular changes in posture.
- You feel more energetic and creative, and less tired and stressed due to the increased blood flow to the brain created by body movement. When your muscles flex regularly through standing, this supports healthy blood flow which helps to keep blood sugar levels regulated, keeps blood pressure lower and reduces the risk of heart disease and diabetes.
- All round healthier employees resulting in reduced absenteeism.
- Increased productivity due to higher levels of engagement and focus.
- Stand up meetings tend to be more focused, shorter and productive.
- More flexible, mobile and collaborative personnel.
- Companies that make this sort of commitment and investment in their staff health and wellbeing become places of choice to work and high quality staff are easily recruited and retained.
- Standing all day may not be healthy or practical—people naturally want to sit at times to rest or when intensely concentrating.
- A recent study published by the Centre for Disease Control and Prevention indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting. You can instantaneously sit or stand as you choose while remaining effectively engaged with your computer.

Man is designed for movement,
in other words to switch between
sitting, standing, walking and all
postures in between.



Link Screens & Accessories



Link screens offer impressive functionality in a refined, slim aesthetic.

- Top and optional central function rails are compatible with a wide range of accessories, which can be custom manufactured to your exact requirements.
- Either fabric full height or accessory rail 300mm from top, fabric upholstered above, Melteca below
- Joiner and power posts enable the panels to be connected for rigidity, in a variety of different configurations.
- Available freestanding or desk mounted.
- An exclusive product from the Crestline design team!
- Optional Push-On Divider Screens – Alu capped, fabric wrapped, melamine, plywood or acrylic.

Aktiv Worksystem sizes.



Single/Double bench worktop sizes

- 1600mm x 800mm
- 1800mm x 800mm
- 2000mm x 800mm

Height range

- 680mm - 1180mm



120 degree workstation sizes

- 1350mm x 1350mm x 750mm
- 1500mm x 1500mm x 750mm

Height range

- 680mm - 1180mm



Call now for assistance
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