

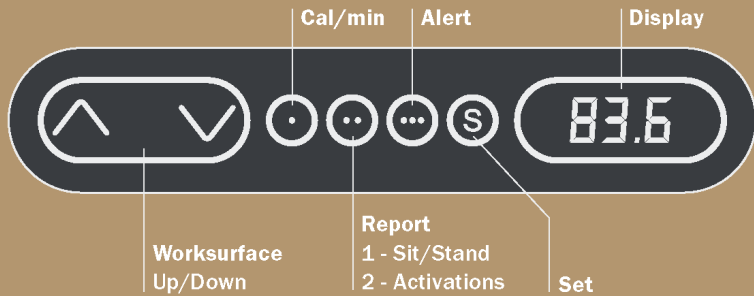
Wellness Switch

Bringing Movement to Mercury Standard and Pro

watsonconsoles



Move. Report. Improve.



Cal/Min: Count stand minutes and calories.
Report: Track desk use (total number of adjustments)
Alert: Remind yourself to stand.

Support employee health and wellness with Mercury Consoles, the only workstation with embedded features to assist your team in their fitness goals and overall activity levels. Telecommunicators spend long hours at a desk; the Wellness Switch enhances the sit to stand functionality of their console by layering on a digital readout of work surface height and overall calorie burn. Users can program alerts for custom intervals of sitting and standing. The report feature keeps track of the individual adjustments, giving users the opportunity to see their improvement over time. An active work environment is important to the mental and physical wellbeing of your team. Encourage healthful goal setting with this supportive feature.

Take a Stand

Working at a standing desk burns up to 55% more calories. Operators can transition between sitting and standing at the touch of a button, contributing to productivity.

Sitting for Six Hours

612 Calories Burned

Sitting for Three Hours

374 Calories Burned

Standing for Three Hours

471 Calories Burned

Combined Total, Six Hours

775 Calories Burned



Mean Discomfort by Body Region

Incorporating standing into a work routine lessens body discomfort that can be caused by sitting all day. The Wellness Switch can be programmed to remind your team to stand and break the routine of sitting all day.



Stand



Sit



Sit + Stand

