
Subject: Re: Stand Up at Desks
Posted by [rarerat](#) on Thu, 17 May 2018 09:23:53 GMT
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I'm going to try this, I might build my own and see how it goes. I'm always quite restless when I sit at the desk, constantly getting up, walking around, looking out of the window etc. It's hard on the hips and knees! And my posture is terrible.

I'll see how it goes and report back.
