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Subject: Re: Stand Up at Desks

Posted by [KrisHS](#) on Wed, 25 Jul 2018 01:38:03 GMT

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I stood at my desk for a while but I found it very uncomfortable. Maybe I have bad circulation or something but I dealt with a lot of swelling in my lower body. I ended up just getting a mini cycle pedal that fits under my desk. It's helped me feel a lot more energized at work.

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