



Moorabbin Leader Wednesday 30/09/2015

Page: 13
Section: General News
Region: Melbourne, AU
Circulation: 26485
Type: Suburban
Size: 74.00 sq.cms.



slice
CUT STRAIGHT TO YOUR NEWS

press clip

CHELTENHAM

Healthier to stand

SITTING is the new smoking, says Jonathan Gilmour of Cheltenham web design company Webtron.

The business is implementing a healthy change with the addition of standing desks.

Mr Gilmour said the Vari-desk had improved the “health, energy levels, digestion and overall wellness of our employees”.

“Sitting is now becoming the new smoking and since we’ve had the standing desks, they’ve been used non-stop. Quite frankly, I

feel sick if I’m sitting down all day,” he said.

“It greatly helps staff with pre-existing back injuries as well as productivity.”



Webtron's Jonathan Gilmour uses a standing desk.