



PREMIUM STANDING DESKS



TRUE | NORTH®

2015-2016 CATALOG



“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**.”

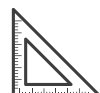
- James Levine, MD, PhD

Raising the Bar with Customized Height Adjustability

Elevate your work with our sophisticated line of height-adjustable workstations. Designed to provide optimal health benefits, our desks move throughout the day as you do. We know you don't want to sit hunched over your computer from nine to five, and why should you? Standing for three to five hours a day boosts your energy while greatly reducing your risk of disease. Get out of the slump and take a stand for better health with any of our state-of-the-art customized workstations.



More Energy



Better Posture



Better Health





The Perfect Fit for Employees and Employers

When a desk rises to meet your needs, everyone wins. Studies have proven that the right balance of standing and sitting drastically improves overall health, lowering the risk of obesity, diabetes, cardiovascular disease and cancer. Employees who stand for a portion of the day report feeling better and enjoying the experience. Healthy employees are statistically more productive. They exhibit higher energy levels, take fewer sick days and incur fewer medical costs for their employers. Don't just work at your desk; get a desk that works for you.



Fewer Sick Days



More Productive



Fewer Medical Costs

A Snapshot of **Better Health**

Each year, the 8-hour seated workday costs employers billions of dollars and employees their health. Let's stand these statistics on their head.



50
Calories/Hour

On average, you burn 50 calories each hour you stand instead of sit.

If you stand for three hours, five days a week you would burn 750 calories per week. At the end of one year, this averages out to about 30,000 calories, or the equivalent of 8 pounds of fat.



10
Marathons

You would have to run 10 marathons each year to achieve the same results.

That's right. Not only does standing for three hours a day greatly decrease your risk of obesity, cardiovascular disease, diabetes and cancer, it also gives you the same caloric benefits as running 10 marathons, or 262 miles.



7.7
Hours

According to a study by Vanderbilt University, the average American sits for 7.7 hours (55%) of their waking day.

Using a standing desk not only helps you naturally be more active by creating more opportunities for motion, it also benefits your overall health for the long term. People have claimed to have more energy and more productivity during the workday as a result of standing.

Sources:

<http://www.bbc.com/news/magazine-24532996>
<http://www.cdc.gov/workplacehealthpromotion/businesscase/benefits/productivity.html>
<http://www.juststand.org/tabid/674/language/en-us/default.aspx>





Unparalleled in **Craftsmanship** and **Sustainability**



Domestic

We stand behind the integrity of our process by building every desk in the United States and customizing each piece to the specific needs of our customers. By designing and building domestically, we ensure that every step is done with the utmost care and intentionality.



High Quality

Because we use only the most durable materials, our products last for years. Our 8 refined and customized models are sturdy and long lasting. TrueNorth certifies that our desks meet or exceed applicable ANSI/BIFMA standards.



Guaranteed

In addition to top-notch products, we are also committed to excellent customer service. With our simple shipping process, hassle-free returns and a **5-year limited warranty**, you can focus your energy on choosing the best desk for you and leave the rest to us.

Tell us about your needs and we will design a custom workstation that fits your lifestyle.

Choose from **320 color options** and a variety of leg options at no additional cost.




TRUE|NORTH®


PREMIUM STANDING DESKS



Ascend

Clean lines augment any space while ease of motion supports a fluid transition from sitting to standing. The Ascend is the perfect fit if you need a bit of solitary elbow room but don't plan on regularly hosting meetings or lunch dates at your desk.

 Width: 48" - 96" (12" increments)

 Depth: 30" or 36"

 Height: 24.5" to 50.5"

 Load Capacity: 300 lbs


5-year Limited Warranty





Align

Dual levels create room for an elevated laptop or computer monitor in addition to a comfortable typing and writing surface, whether seated or standing. The Align is designed for those who spend a good deal of time typing or writing while also navigating a screen. It makes a sleek and simple statement in a lobby or entrance while giving you the freedom to move around throughout the day.

 Width: 48" - 96" (12" increments)

 Depth: 30"

 Height: 24.5" to 50.5"

 Load Capacity: 300 lbs

5-year Limited Warranty





Odyssey

A sleek angle softened by an interior curve provides maximum desktop space while easily fitting into a corner or an open space and leaving ample room for an ergonomic chair when seated. The Odyssey is for the person who needs room for editing, drawing or otherwise digging into work offscreen. One of the largest desks of its kind, this wide open workspace is proof that having a corner office doesn't have to mean being cornered in your office.

 Wing Width: 60" - 90" (12" increments)

 Wing Depth: 30"

 Height: 24.5" to 50.5"

 Load Capacity: 450 lbs

5-year Limited Warranty





Balance

A longer extension allows for personalization and room to spread out while the shorter side provides an ideal spot for a computer and keyboard at any level. The Balance is one of the most versatile desks in its class. Named for the equilibrium it offers, this desk marries form and function, making it the perfect fit for the person who can't sum up his or her job description in one sentence.

 Long Wing Width: 60" - 96" (12" increments)

 Long Wing Depth: 40"

 Short Wing Width: 40" - 72" (12" increments)

 Short Wing Depth: 24"

 Height: 24.5" to 50.5"

 Load Capacity: 450 lbs

Available in left or right configurations

5-year Limited Warranty






Aspire

Dual levels adjust independently, opening up endless options for use at various heights for optimal flexibility and added health benefits. The Aspire is the go-to desk for anyone who does a mixture of meeting, writing, typing, reading and perhaps even grabbing a quick lunch - all from a desk. The two levels adjust with you throughout the day, allowing you to sit or stand and stay active without ever having to leave your workspace.

 Width: 48" - 96" (12" increments)

 Depth: 30"

 Height: 24.5" to 50.5"

 Load Capacity: 300 lbs

5-year Limited Warranty





Advance

A manual crank gives full control while also adding a stylish industrial element. The Advance is ideal for the hands-on person (think manual transmission over automatic.) You're in the details and see even your desk as a conversation piece - and you don't mind having a little space to move around, both horizontally and vertically.

 Width: 72"

 Depth: 30"

 Height: 26.5" to 42.5"

 Load Capacity: 225 lbs


5-year Limited Warranty





Corner Lift

The sleek and simple design fits even the tightest corner while opening up the right amount of space for a large monitor, keyboard and the other essentials. The Corner Lift is our homage to the minimalist. You get so lost in your on-screen work you have no need for auxiliary space, desk decor or anything else you feel may clutter your pristine space.

 Width: 41" or 47"

 Depth: 24"

 Height: 24.5" to 50.5"

 Load Capacity: 300 lbs

5-year Limited Warranty





Studio Lift

A spacious desktop and simple lift transitions easily from solitary desk to collaborative workspace. The Studio Lift is for the person who needs to quickly move from working alone to working in a group and then right back.

Width: 41" or 47"

Depth: 24"

Height: 24.5" to 50.5"

Load Capacity: 300 lbs

5-year Limited Warranty





By Investing in **Today**, You Invest in **Tomorrow**.

Warranty

The Limited Warranty for the ergonomic furniture means that your system is covered against defects in materials and workmanship. If a problem occurs with your system as a result of normal use, please notify us immediately. This warranty is limited to providing a replacement system or a refund for replaced product or other reasonable remedy at the discretion of the manufacturer.

Dealers and Partnerships

True North has a network of dealers all across the USA.
To find a dealer near you, visit us online at www.TrueNorthDesks.com.

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