Background: This project involves the introduction of a new workplace trend, ergonomically-designed sit-stand desks (SSDs). Research in this area has concluded that for optimal health people should sit less and move around more. Studies on prolonged sitting have indicated long stretches of sitting are harmful even in those who are active in their leisure time. The perils of prolonged sitting time has been identified as a health risk factor. SSDs allow office workers to alternate between sitting and standing throughout the working day, but not much is known about their acceptability and feasibility. Therefore, the intention of this Pilot Study was to evaluate the acceptability, feasibility and perceptions of using sit-stand workstations.

Methodology: The Gorillas Stand Up for Working project began with a pilot study which placed five SSDs on the Pittsburg State University campus with the following plan:

- The Pilot Study:
  1) The Sit-Stand option was available to volunteers to use for a period of time.
  2) The experience of the Sit-Stand option was compared to the subjects' experiences at their regular desks.
  3) The data were collected through a Survey Monkey questionnaire.
  4) The research team consisted of one undergraduate student, two graduate students and one School of Nursing professor.

Preliminary Results: Results of the Pilot Study reveal a very favorable response to the subjects perceived sense of wellness. There was a decrease in the subjective symptoms of back pain, musculoskeletal fatigue involving the neck and shoulders. Additionally, the use of the Sit-Stand desk resulted in a decrease in workplace snacking.

Phase I Objectives:
- To install 10 more sit/stand workstations on the Pittsburg State University campus to workers who sit for 20 hours per week.
- The sit-stand option for PSU faculty and/or staff will be available to volunteers to use on an eight-week basis.
- The eight-week use of the sit-stand desk will be compared to the subjects' experiences at their regular desks.
- The purpose of this ongoing qualitative/quantitative descriptive study will be to examine experiences and perceptions of office workers using the sit-stand desk (SSD) workstation.

Discussion: The key to improving health and well-being is about making small movements throughout the workday. The Varidesk® allows changing an office worker’s position from sitting to standing.

PSU acknowledges the generous donation of 10 height-adjustable desks by the Varidesk Corporation. This in-kind donation will allow continuing research in this area.