

MOTIVATIONAL BOOKS

Deskbound: Standing Up to a sitting world, April, 2016. Written by Kelly & Juliet Starrett who are the force behind StandUpKids.org, with their mission to get every public school child at a standing desk in 10 years.

Learning on Your Feet: Incorporating Physical Activity into the K–8 Classroom to improve students' engagement, achievement, and overall wellness.

We believe the majority of life is determined by habits, which is a good thing, as long as we develop the ones that will benefit our health. – **The power of habit**.

Fidget to Focus is a book written for all of those struggling with ADD, however, it has great ideas to increase focus of everyone.

PEER-REVIEWED RESEARCH ARTICLES

Title	Author	Year	Journal
Sedentary behaviour and obesity development in children and adolescents.	Rey-Lopez JP, Vicente-Rodriguez G, Biosca M, et al.	2008	Nutrition, Metabolism and Cardiovascular Diseases
Reducing sitting time: The new workplace health priority	Plotnikoff R, Karunamuni N.	2012	Archives of Environmental & Occupational Health
Active workstations to fight sedentary behaviour	Torbeyns T, Bailey S, Bos I, Meeusen R	2014	Sports Medicine
Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults: A Systematic Review and Meta-analysis	Biswas A, et al.	2015	Annals of internal medicine
Standing, Obesity, and Metabolic Syndrome: Findings from the Cooper Center Longitudinal Study	Shuval K, et al.	2015	Mayo Clinic Proceedings



Working with Persistent Pain: An Exploration of Strategies Utilised to Stay Productive at Work	Oakman J, Kinsman N, Briggs AM	2016	Journal of Occupational Rehabilitation
All-Cause Mortality Attributable to Sitting Time	Rezende LFM, et al.	2016	American Journal of Preventive Medicine
Desk ownership in the workplace: The effect of non-territorial working on employee workplace satisfaction, perceived productivity and health.	Jungsoo K, et al.	2016	Building and Environment
Combating the Health Risks of Sedentary Behavior in the Contemporary Radiology Reading Room	Hoffman JC, et al.	2016	American Journal of Roentgenology

Schools

The impact of school furniture on fourth grade children's on-task and sitting behavior in the classroom	Wingrat JK, Exner CE	2005	Work
Theory and evidence based strategies for children with attentional problems	Zentall SS	2005	Psychology in the Schools
The role of schools in obesity prevention	Story M, Kaphingst KM, French S	2006	Future Child
Are the desks and chairs at school appropriate?	Saarni L, Nygård CH, Kaukiainen A, Rimpelä A	2007	Ergonomics
The Active Classroom: Supporting Students with Attention Deficit Hyperactivity Disorder through Exercise	Mulrine CF, Prater MA, Jenkins A	2008	Teaching exceptional children
Sedentary behaviour and obesity development in children and adolescents	Rey-Lopez JP, Vicente-Rodriguez G, Biosca M et al.	2008	Nutrition, Metabolism and Cardiovascular Diseases



The impact of stand-biased desks in classrooms on calorie expenditure in children	Huber Jr, John C	2011	American journal of public health
Systematic review of sedentary behaviour and health indicators in school-aged children and youth.	Tremblay MS, LeBlanc AG, Kho ME et al.	2011	International Journal of Behavioral Nutrition and Physical
Using stand/sit workstations in classrooms: Lessons learned from a pilot study in Texas	Blake JJ, Benden ME, Wendel ML	2012	Journal of Public Health Management and Practice
The effects of added physical activity on performance during a listening comprehension task for students with and without attention problems	Kercood S, Banda DR	2012	International Journal of Applied Educational Studies
Acceptability of standing workstations in elementary schools: A pilot study	Hinckson EA, Aminian S, Ikeda E, et al.	2013	Preventive Medicine
The Evaluation of the Impact of a Stand-Biased Desk on Energy Expenditure and Physical Activity for Elementary School Students	Benden ME, et al.	2014	International journal of environmental research and public health
Standing Up for Learning: A Pilot Investigation on the Neurocognitive Benefits of Stand-Biased School Desks	Mehta RK, Shortz AE, Benden ME	2015	International journal of environmental research and public health
Standing Classrooms: Research and Lessons Learned from Around the World	Hinckson E, et al.	2015	Sports Medicine
Reducing children's classroom sitting time using sit-to-stand desks: Findings from pilot studies in UK and Australian primary schools	Clemes SA, Barber SE, Bingham DD, et al.	2015	Journal of Public Health
Classroom Standing Desks and Sedentary Behavior: A Systematic Review	Minges KE, et al.	2016	Pediatrics
The effects of standing desks within the school classroom: A systematic review	Aron PS, et al.	2016	Preventive Medicine Reports