

## Stand up desk recommendations

I'm using a laptop. Does anybody have recommendations between the desk tops that fit on an existing desk and the single pole, mobile laptop desks? Any brand recommendations? Should I just go to Staples?

And, no, I'm not looking (yet) for a Lisa Solomon-style walking desk.

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Ikea just came out with a standing desk:

<http://www.theverge.com/2014/10/26/7070803/ikea-hopes-its-new-motorized-standing-desk-will-get-you-out-of-your-chair>

The StorkStand is available for preorder:

<http://www.springwise.com/storkstand-turns-office-chair-standing-desk/>

Lisa Solomon, New York

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I have had an adjustable height desk for a couple of years, and it is tremendous. It wasn't cheap (around \$1000), but it is solid and dependable. I initially tried a cheaper one that had a manual crank, but it just took too long to crank the thing up and down. I ended up exchanging for a pricier model with an electric lift. Mine is from Teknion:

[http://www.teknion.com/products/tables\\_livello\\_adjustable/default.asp?country=us](http://www.teknion.com/products/tables_livello_adjustable/default.asp?country=us)

IIRC, Steelcase has one that is hydraulic, which seemed really cool, but even more expensive.

I would personally avoid buying office furniture from Staples. I don't think it is sturdy enough to last.

Also, whatever you do, make sure you look at the range of adjustment the desk provides. Some I tried didn't go high enough to allow me to stand and work.

Patrick W. Begos, Connecticut

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I found a flip out lap desk something similar to this <http://ow.ly/DwhpC> at Big Lots.

It's perfect for my laptop and easy to set up and take down...and it's an inexpensive way to test drive a standing-desk.

Pamela J. Starr, the Paralegal

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I have the Steelcase Airtouch desk

<http://www.steelcase.com/en/products/category/tables/adjustable/airtouch/pages/overview.aspx>

Yes, it was expensive, but it raises and lowers easily, is available with a number of desktop sizes and finishes, and I love it. If you need/want an adjustable height desk, this one is great.

Miriam N. Jacobson, Pennsylvania

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I just saw this on Amazon. It's a large stand you put on top of a regular desk. Your monitors/keyboard/mouse go on top, so it basically makes any desk into a standing desk. <http://www.amazon.com/dp/B00E0ODMB6?psc=1>

Monica Elkinton, Alaska

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Bankers Boxes and a Black's Law Dictionary atop of my normal desk. It allows my monitor and keyboard/mouse to be up high, with the majority of my desk being available to sit at. And the boxes are filled with files, so it doubles as a storage solution!

Brian J. Hughes, Massachusetts

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I may try that one just to see if the height is right!!

Mark Del Bianco

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It is also easily removed in a pinch.

Brian J. Hughes

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I have the Varidesk. I LOVE it.

Jeena R. Belil, New York

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Hi all, jumping in on the stand up desk conversation - here are some mid-range options (\$300-400) that work on existing desks:

[http://www.amazon.com/gp/product/B00JI6NCCK/ref=s9\\_simh\\_gw\\_p201\\_d0\\_i2?pf\\_rd\\_m=ATVPDKIKX0DER&pf\\_rd\\_s=desktop-1&pf\\_rd\\_r=1FW478EPA3HTAH6RTMQJ&pf\\_rd\\_t=36701&pf\\_rd\\_p=1935651402&pf\\_rd\\_i=desktop](http://www.amazon.com/gp/product/B00JI6NCCK/ref=s9_simh_gw_p201_d0_i2?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=desktop-1&pf_rd_r=1FW478EPA3HTAH6RTMQJ&pf_rd_t=36701&pf_rd_p=1935651402&pf_rd_i=desktop)

and

[http://www.amazon.com/Ergotron-WorkFit-S-33-341-200-Sit-Stand-Workstation/dp/B003Y3PF6E/ref=sr\\_1\\_1?ie=UTF8&qid=1414687494&sr=8-1&keywords=workfit+sit-stand+workstation](http://www.amazon.com/Ergotron-WorkFit-S-33-341-200-Sit-Stand-Workstation/dp/B003Y3PF6E/ref=sr_1_1?ie=UTF8&qid=1414687494&sr=8-1&keywords=workfit+sit-stand+workstation)

I like both options because they are modular sit and stand options. Having had a full motorized standing desk in the past, I can tell you that it's hard to stay standing up for more than about 30 minutes at a time (and that's after a week or so of practice)!

Best, E.

Eric Z. Chang, California

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If you like stand-on-desk, google folding bed tray.

John Page, Florida

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Pictures please!

Audrey Cosgrove

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My husband and law partner has been doing the stand up desk thing for a few months. He had an IKEA L-shaped desk, so he just ordered a matching little coffee-table type thing with adjustable legs, and put it on top one leg of the L. He stands in front of that most of the time, but then when he wants to sit, he can sit at the other leg of the "L." It has helped with his back pain tremendously, although he has noticed some knee pain. I want to try it soon myself.

Maggie Rentz Smith, Georgia

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Isn't that exactly like the recommendation of Pamela Starr?

Lyza L. Sandgren, Paralegal (not an attorney), Georgia

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There's a firm in St. Paul called Ergotron (<http://www.ergotron.com/>) which makes a kit turning a regular desk into both, well, a regular desk, and a standing/walking desk. My wife just installed hers in our office.

We got a pretty cheap walker which fits under the desk and only protrudes a reasonable distance (it would protrude even less from a desk flat against a wall - ours drives into a corner, which limits how far it will go).

If anyone's interested I'll provide the source for the walker.

Larry Frost, Minnesota

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I was just looking at standing desks on TreeHugger.com.

A coincidence? I think not. Only takes two people to have a conspiracy.

UpStanding Desk: This little beauty makes me want to get it even though I don't want a standing desk.

<http://www.treehugger.com/eco-friendly-furniture/upstanding-desk-converts-existing-desk-into-standing-workstation.html>

tiny url is <http://tinyurl.com/kaed5gc>

10 standing desks here:

[www.treehugger.com/slideshows/eco-friendly-furniture/ten-standing-desks-help-you-get-thinner-live-longer](http://www.treehugger.com/slideshows/eco-friendly-furniture/ten-standing-desks-help-you-get-thinner-live-longer)

tiny url is <http://preview.tinyurl.com/o8qogpv>

One more here

<http://www.treehugger.com/design/>

CJ Stevens, Montana

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I just installed a new standup from NextDesk:

<http://www.nextdesks.com/features>

It is my second standup but my first NextDesk. I gave my old standup to my son when I moved my office, as that one was about 78" wide - too big for my new office. My new NextDesk is about 63" wide. I really like the NextDesk it is quiet when it operates, has a digital display so I can see the height (in inches). I especially like the rack mounted (small machine bolted) on the underside of the desk which holds my computer (a Dell tower). That way the computer moves up and down with the desktop so less strain and mischief with plugs, cables being stretched or pulled. Plus it just looks cleaner and more floor space.

Michael L. Boli, California

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