

Work the right way

We believe your workspace should adapt to you and not the opposite. Your laptop and body are made to move so why not your desk?

NOT
A DESK[®]



Excessive work at a computer is unhealthy for...

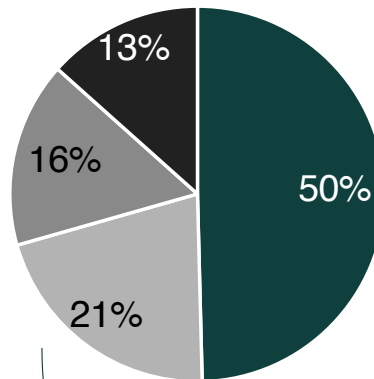
Your body

Neck: 48,6% - 19D
Upper back : 20,6% - 14D
Shoulder: 37% - 30D
Lower back: 33,8% - 18D
Hands: 18,5% - 26D



Source: 7/6/2020 Liantis,
Likelihood and amount of days out In
case of complaint

Your mind



Problematic stress
and demotivation

Problematic stress

Source: 28/11/2020 SERV

Your heart

4TH SEDENTARY LIFE
Deadliest risk factor in the world.

6TH BELGIUM
In Europe, it is the country with
the highest average sitting time.

34% RISK FACTOR OF DEATH
Adults who sit for 10 hours a day
compared to those who sit for 1
hour a day, percentage higher
risk of death.

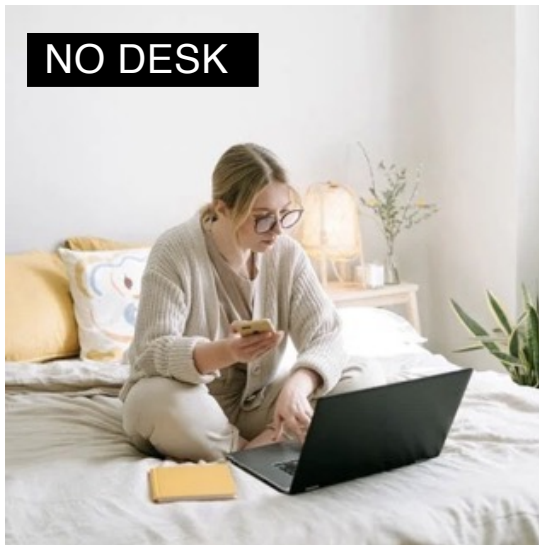
Source: 1/7/2019 OSHA Europe

While some things improved due to working at home, other things got worse...

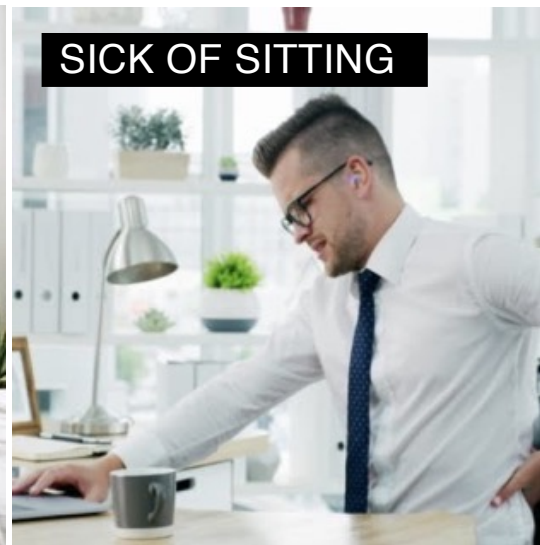
DISTRACTION



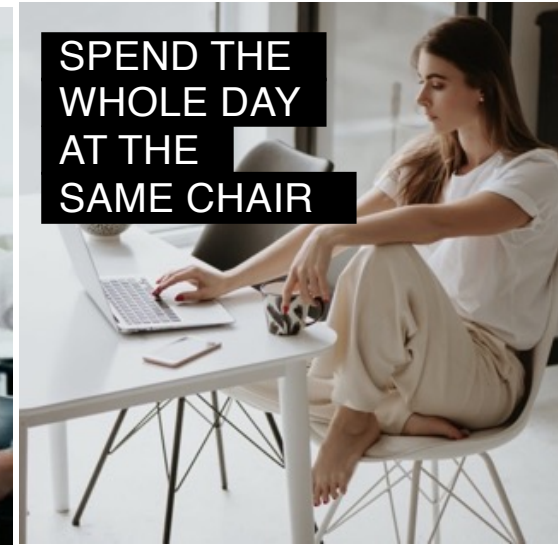
NO DESK



SICK OF SITTING



SPEND THE WHOLE DAY AT THE SAME CHAIR



Not yet so much data available about these factors.

We design and make furniture



We don't replace existing furniture but augment what is already present.



Accessible and affordable for any person or space.



We use sustainable materials like recycled plastic and FSC bamboo



We offer a lifetime warranty on components.

Designed in Belgium



Productivity and wellbeing are one



After working in a noisy office for 3 years, I decided to resign so I could design and produce office furniture.

I wanted to design furniture which would have prevented me from resigning if it had existed at that time.

We've designed standing desks, whiteboards, table lamps and are currently developing foldable workspaces and relax sofa's.

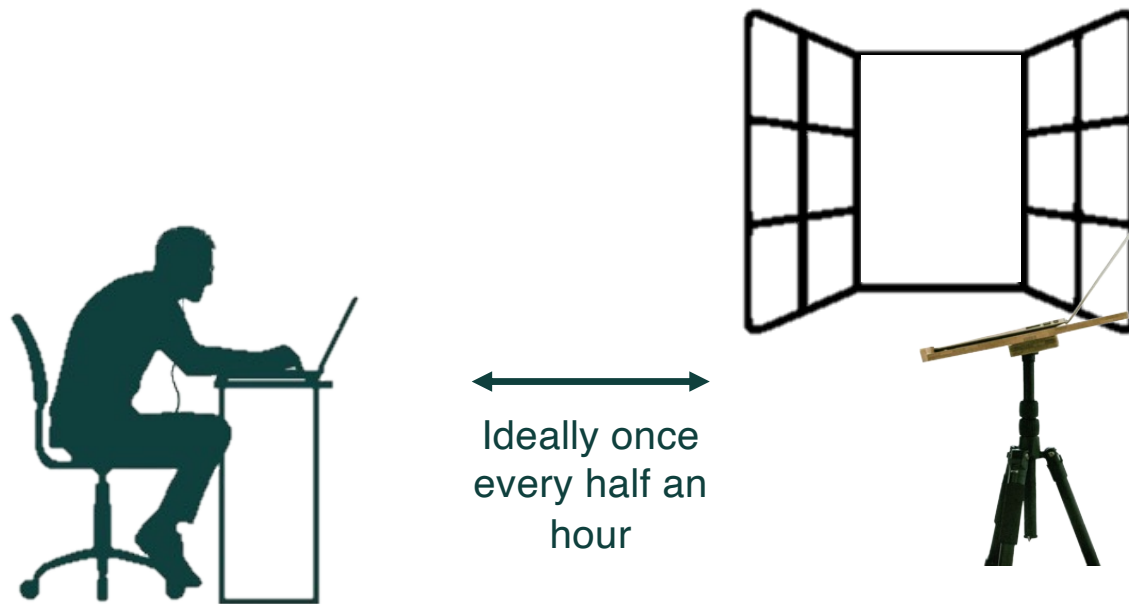
My ultimate goal is to ensure that anyone is proud of his work. Whenever and wherever you choose to do that work from.

Andreas De Smedt

Designed in Belgium



NOTADESK vs. regular standing desks



- 1. Biggest chance to help you change your behaviour**
The possibility to work with natural light will nudge your team to stand-up, ideally once every half an hour.
- 2. First mobile (standing) desk. Easy to change height or move around.**
Escape noise, work where you feel good and improve your energy level.
- 3. Even useful after the work day**
Use it during presentations, when you are working out or to watch Netflix on your laptop.

Tested and approved by ergonomists and occupational physicians.

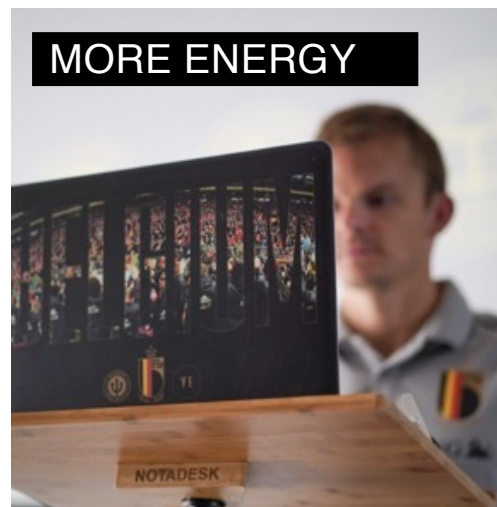
Benefits of working standing besides health



Opera singers never sit when performing and the toughest calls are made standing

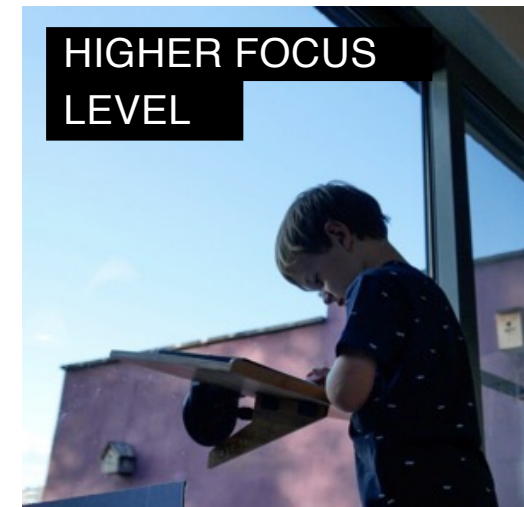
30% more lung volume hence impact when standing.

Working standing will boost your self-confidence.



Less afternoon dip and more burnt calories at the end of the day

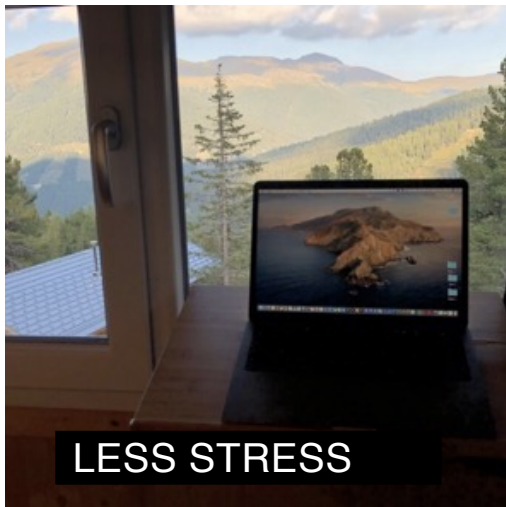
You digest 30% faster when switching between working standing and working seated. Your muscles need to work to keep you body up right.



Increased cognitive performance when standing

Your body needs to balance itself while standing. This brain activity will slightly augment your stress level which will help you focus.

Benefits of working with a view on nature



LESS STRESS

Lower stress level

Up to 30% of your total stress level is non-useful worrying. Nature will help you worry less.



SLEEP BETTER

Up to 46 minutes more sleep per night

Those who experience more daylight in the morning fall asleep faster in the evening.

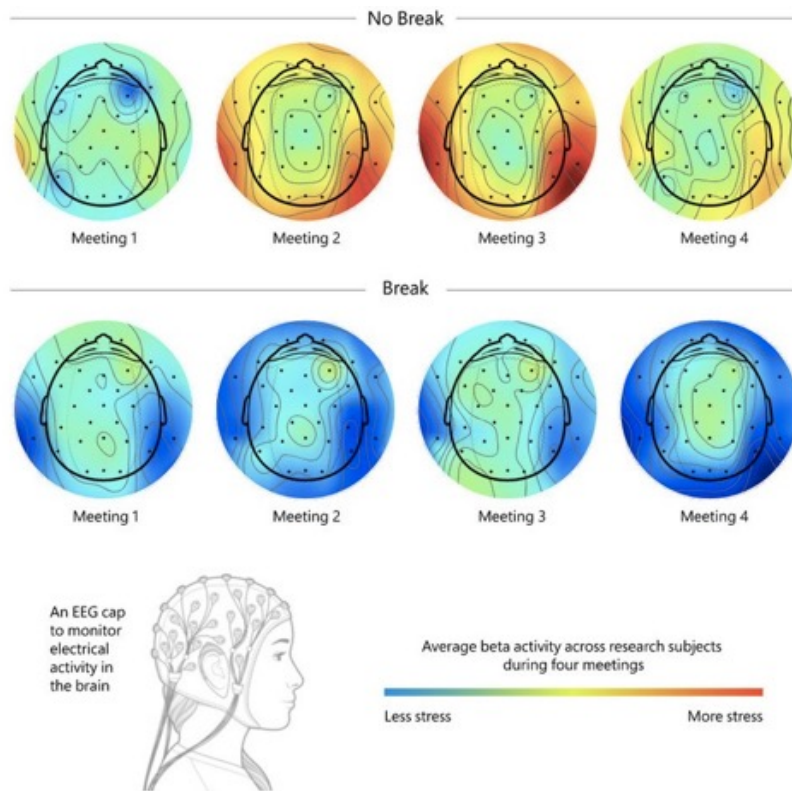


HIGHER PRODUCTIVITY

Increased focused level

Students retain information far better if regularly taught in classrooms with plenty of windows.

The importance of taking regular breaks



Bases on surveys we carried out in Belgium, 60% of all last year university students regularly nap in between classes.

This healthy habit is traded for coffee at their first job. We are not against coffee but regular breaks can also help. This is also proven by Microsoft.

Back-to-back meetings can decrease your ability to focus and engage. Breaks between meetings allow the brain to “reset,” reducing a cumulative buildup of stress across meetings.

18/03/2021 Microsoft



Flexibility in the office

Picnic



Meeting room



Standing meeting



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