

Adding Time Back into the Classroom

The Efficiency and Impact of Active Classrooms

Active seating, standing desks, and movement as a whole, have been shown in research to increase overall productivity in our work and learning environments.

Physical activity increases retention of new information...

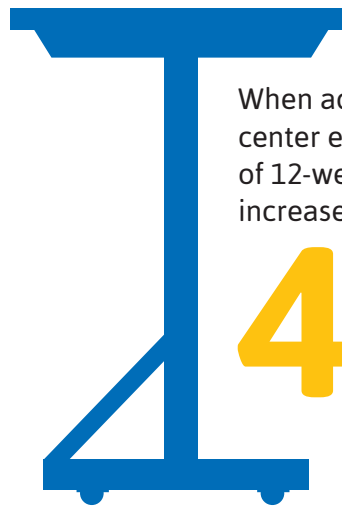
...thereby making a student more **efficient.**¹



After a **20-minute activity**, we will see a

25% increase in efficiency

that will trickle throughout the day.^{3,4}



When adding standing desks in a call center environment, over the course of 12-weeks, workers were able to increase efficiency by up to

45%

²

Adding stability balls to a desk increased focus and time on task in students with ADHD by nearly

80%

⁵

SOURCES:

1. SPARK by John Ratey (2008)
2. Texas A&M (Benden et al., 2015)
3. Benden, M, Zhao, H, Jeffrey, C., Wendel, M, Blake, J. (2014) *The Evaluation of the Impact of a Stand-Biased Desk on Energy Expenditure and Physical Activity for Elementary School Students*. International Journal of Environmental Research and Public Health. 9361-9375.
4. Fedewa, A.L., Erwin, H.E. (2011). *Stability Balls and Students with Attention and Hyperactivity Concerns: Implications for On-Task and In-Seat Behavior*. The American Journal of Occupational Therapy, 65, 393-399.
5. Aroostook County WittFitt Pilot Project Report, March 2013.