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## ADVANTAGES TO USING A STANDING UP DESK WHEN WORKING AS A DEVELOPER

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**BURN MORE  
CALORIES**

**REDUCE  
PRESSURE  
ON YOUR SPINE**

**INCREASE  
LIFE  
EXPECTANCY**

**FREEDOM  
OF  
MOVEMENT**

**WINSTON  
CHURCHILL  
HAD A STANDING  
DESK**

**IMPROVE  
YOUR  
PRODUCTIVITY**

**BOOST  
YOUR  
METABOLISM**