



Teamworks

Internal News Channel

Stand up for wellness in the workplace

Wells Fargo is taking a stand in support of workplace wellness, and perhaps nothing says it better than the increasing prevalence of sit/stand desks. These convertible desks give users the option of sitting or standing throughout the day, promoting a variety of health benefits. Sit/stand desks are now standard in all Workplace projects that involve purchasing new workstations, which means more than 1,000 team members moving to the Brigham Building in 2017 will get the chance to stretch their legs more often.

Once considered little more than a workplace novelty, sit/stand desks now enjoy an established and still-growing body of evidence pointing to their wellness advantages. Many studies have shown that a lack of movement throughout the day is one risk factor that can contribute to health problems, from back and neck pain to heart disease and cancer. Alternatively, changing positions more frequently – like standing up to work for extended periods – can help to prevent or reverse such negative conditions. Thus, the popularity of sit/stand desks has risen dramatically in recent years, as companies take steps to improve employee health and wellness.

“Workplace includes a focus on team members’ physical and emotional well-being, and sit/stand desks are a growing part of the solution,” says Ben Gress, Workplace implementation manager.

Early Workplace projects that began several years ago included “touchdown” spaces with sit/stand platforms, open to any team member on a first-come, first-served basis. Wells Fargo’s new development in East Town Minneapolis, completed in mid-2016, was the first location to include sit/stand desks for every team member. The positive response from team members has provided ample justification to make sit/stand desks a part of nearly every workplace construction or remodeling project going forward.

“The biggest appeal of the sit/stand desk is the element of choice. You can work in whichever way suits your current mood, without sacrificing your productivity,” says Gress. Everyone’s comfort level is a little different, but most studies on the topic suggest that alternating between sitting and standing multiple times per day (avoiding prolonged periods of either posture) is the best strategy to realize the health benefits of sit/stand desks.

At existing Wells Fargo offices, the Risk & Insurance Management team maintains responsibility for administering sit/stand workstations on an individual basis when they are not part of a larger real estate project. With manager approval of the cost, team members may enter a request for a sit/stand desk using CPG Assist.

Though this new way of working will take time to spread throughout the company, it stands to reason that sit/stand desks are on the rise and present a great wellness opportunity for team members.