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ACTIVE WORKING WITH ALERA

The New Movement in Workspace Design





Why Movement Matters



Numerous studies have delivered the bad news that sitting for long periods leads to increased risks for heart disease, obesity, diabetes, certain cancers and even premature death. The good news? Adding movement to your day can ramp up metabolism, tone muscles, improve posture—plus give a big boost to energy, focus and productivity. So get going with active designs from Alera.

What's Your Next Move?

Start with a sit-to-stand solution just right for you and your workspace.

Height-Adjustable Tables

If you like the idea of moving your entire worksurface from sitting to standing with the touch of a button, a height-adjustable table is the answer. The roomy surface offers lots of space for multiple devices. **Pages 4 & 5**





Sit-Stand Workstations

This style is a great option if your current desk isn't going anywhere—because you love it or it's built in. A sit-stand workstation is a quick and easy solution when you want to retrofit an existing worksurface. **Pages 6 & 7**



Sit-to-Stand Seating and Accessories

Getting active is easier with these smart ergonomic additions to your setup. **Pages 8 thru 11**



Moves to the perfect height with simple up/down controls

Adjusts to fit table tops 47" – 75" wide

Available in two height ranges, 25"-51" and 27"-47".

Sit or stand on-demand

Make the move effortlessly with the touch of a button. Creating your perfect sit-to-stand table's easy too with these mix and match bases and tops.

Height-Adjustable Table Base

ALE-HT2SSG *

Two-Stage Electric Height-Adjustable Table Base, 46⁵/₈" to 75¹/₄"w x 24" to 36"d x 27¹/₄" to 47¹/₄"h (without top), Gray

ALE-HT2SSB *

Two-Stage Electric Height-Adjustable Table Base, 46⁵/₈" to 75¹/₄"w x 24" to 36"d x 27¹/₄" to 47¹/₄"h (without top), Black

ALE-HT3SAG *

Three-Stage Electric Height-Adjustable Table Base with Memory Controls, 46⁵/₈" to 75¹/₄"w x 24" to 36"d x 25" to 50³/₄"h (without top), Gray

ALE-HT3SAB *

Three-Stage Electric Height-Adjustable Table Base with Memory Controls, 46⁵/₈" to 75¹/₄"w x 24" to 36"d x 25" to 50³/₄"h (without top), Black

Meets or exceeds ANSI/BIFMA standards.

Single-Column Electric Height-Adjustable Table Base

ALE-HT1CSG *

30" to 42"w x 12" to 27¹/₂"d x 24³/₄" to 43¹/₄"h (without top), Gray

ALE-HT1CSB *

30" to 42"w x 12" to 27¹/₂"d x 24³/₄" to 43¹/₄"h (without top), Black

Meets or exceeds ANSI/BIFMA standards.



* Base and top sold separately. ORDER BOTH.

Mahogany/Medium Cherry



Walnut/Espresso



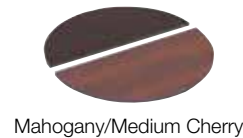
Gray/White



Reversible Laminate Rectangle Table Top

ALE-TT7230EW *	72"w x 30"d x 1"h	Espresso/Walnut
ALE-TT7230CM *	72"w x 30"d x 1"h	Medium Cherry/Mahogany
ALE-TT7230WG *	72"w x 30"d x 1"h	White/Gray
ALE-TT7224EW *	72"w x 24"d x 1"h	Espresso/Walnut
ALE-TT7224CM *	72"w x 24"d x 1"h	Medium Cherry/Mahogany
ALE-TT7224WG *	72"w x 24"d x 1"h	White/Gray
ALE-TT6030EW *	60"w x 30"d x 1"h	Espresso/Walnut
ALE-TT6030CM *	60"w x 30"d x 1"h	Medium Cherry/Mahogany
ALE-TT6030WG *	60"w x 30"d x 1"h	White/Gray
ALE-TT6024EW *	60"w x 24"d x 1"h	Espresso/Walnut
ALE-TT6024CM *	60"w x 24"d x 1"h	Medium Cherry/Mahogany
ALE-TT6024WG *	60"w x 24"d x 1"h	White/Gray
ALE-TT4824EW *	48"w x 24"d x 1"h	Espresso/Walnut
ALE-TT4824CM *	48"w x 24"d x 1"h	Medium Cherry/Mahogany
ALE-TT4824WG *	48"w x 24"d x 1"h	White/Gray
ALE-TT3624EW *	36"w x 24"d x 1"h	Espresso/Walnut
ALE-TT3624CM *	36"w x 24"d x 1"h	Medium Cherry/Mahogany
ALE-TT3624WG *	36"w x 24"d x 1"h	White/Gray

Meets or exceeds ANSI/BIFMA standards.



Mahogany/Medium Cherry



Espresso/Walnut



Gray/White

Reversible Laminate Half Round Table Top

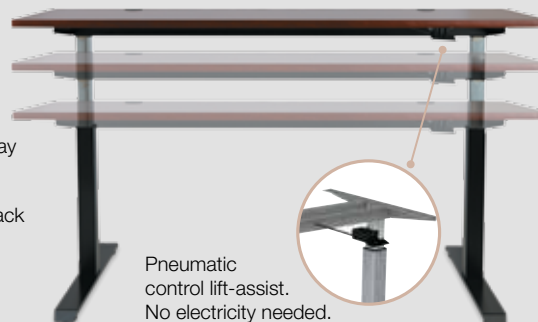
ALE-TTHR48EW *	48"w x 24"d x 1"h	Espresso/Walnut
ALE-TTHR48CM *	48"w x 24"d x 1"h	Medium Cherry/Mahogany
ALE-TTHR48WG *	48"w x 24"d x 1"h	White/Gray

Meets or exceeds ANSI/BIFMA standards.

Pneumatic Height-Adjustable Table Base

- ALE-HTPN1G *
59" to 72"w x 24" to 30"d x 26¼" to 39⅝"h (without top), Gray
- ALE-HTPN1B *
59" to 72"w x 24" to 30"d x 26¼" to 39⅝"h (without top), Black

Meets or exceeds ANSI/BIFMA standards.



Pneumatic control lift-assist. No electricity needed.

Optional Casters for Height-Adjustable Table Bases

- ALE-HT3004
Set of 4, 3"w x 2¾"d x 3¾"h, Black



* Base and top sold separately. ORDER BOTH.

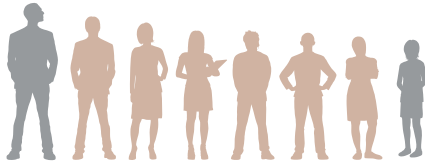


Give your desk an upgrade

Raises and lowers with ease within a 14" range. Adjusts in smaller increments at the upper end to simplify finding your posture-perfect surface height.

Reinforced base provides stability at any height

Made for More



Designed to fit 90% of the population.

Alera's versatile workstation fits heights from the 5th percentile of women up to the 95th percentile of men—much more than most other brands. Another great feature that makes this design office friendly? Its space-saving vertical lift - no need to leave clearance space in front of the desk. Plus, height adjustments are simple and easy to access.



Desktop Mounted Sit-Stand Lifting Workstation

ALE-AEWR2B

Adjustable Keyboard, 35 $\frac{1}{8}$ "w x 23 $\frac{3}{8}$ "d x up to 19 $\frac{5}{8}$ "h, Black

ALE-AEWR1B

Fixed Keyboard, 26 $\frac{3}{4}$ "w x 31"d x up to 19 $\frac{5}{8}$ "h, Black

Meets or exceeds ANSI/BIFMA standards.



Rear Clamp Lifting Workstation

ALE-AEWR5B

31 $\frac{1}{2}$ "w x 24"d x up to 22"h, Black

Meets or exceeds ANSI/BIFMA standards.

Support your stand-up routine

Optimize a healthy posture—keep your monitor at eye level with an arm that transitions seamlessly from sitting to standing height.

Accommodates the largest and heaviest monitors

90°

-85°-15°

Moves smoothly up, down, in, out, tilts and rotates with ease



Pole-Mounted Monitor Arm

ALE-AEMA1B

Articulating Arm, Single Monitor up to 30", Black

ALE-AEMA2B

Articulating Arm, Dual Monitors up to 30", Black

Strike a Balance

Too much sitting is hazardous to your health. But standing all the time isn't the answer either. The rule of thumb is stand up every 20 minutes. Work towards a total of 4 hours on your feet (or half your working day), alternating periods of sitting and standing. When it comes to posture while working, change is good.



Pneumatic Monitor Arm

ALE-AEMA1L
Articulating Monitor Arm,
Single Monitor up to 27", Black

ALE-AEMA2L
Articulating Monitor Arm,
Dual Monitors up to 27", Black

ALE-AEMA1H
Heavy-Duty Articulating Arm with USB Ports,
Single Monitor up to 32", Black

ALE-AEMA2H
Heavy-Duty Articulating Arm with USB and Audio Ports,
Dual Monitors up to 32", Black

Prevent fatigue and stimulate blood flow with a mat that encourages slight leg movements while it cushions and supports your feet.



Anti-Fatigue Mat

ALE-AE23AFM
24" w × 36" l, Black

Features two USB Ports



Discover the perks of perching

Bridging the gap between sitting and standing, perch stools support an open hip angle (130°-135° between thigh and torso) for optimal spine health, breathing and posture.

Wobble base allows you to flex and move for more active sitting



Pivots to move with the body for constant alignment



Balance Perch Stool

ALE-AE33PS__*

Supports up to 250 lbs., 22½" to 33⅞"h, Black Base

ALE-AE34PS__*

Supports up to 250 lbs., 22½" to 33⅞"h, White Base

Meets or exceeds ANSI/BIFMA standards.



Red (RD)



Blue (BU)



Black (BK)

***IMPORTANT:** When ordering, add the fabric code to the model number. Codes vary in length and placement. Example: ABC-12345AB



Tilts for perching in a dynamic work position



Features inclined position ideal for dynamic postures

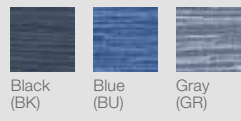


Offers the comfort of sitting even when standing



Sit-to-Stand Perch Stool

ALE-AE35PS_*
Supports up to 250 lbs., 25½" to 35"h, Black Base
ALE-AE36PS_*
Supports up to 250 lbs., 25½" to 35"h, Silver Base
Meets or exceeds ANSI/BIFMA standards.



***IMPORTANT:** When ordering, add the fabric code to the model number. Codes vary in length and placement. Example: ABC-12345AB



Perch Sit Stool

AAP-SQ600
Supports up to 250 lbs., 25¼" to 35½"h, Black/Black Base
Meets or exceeds ANSI/BIFMA standards.



Lean-In Sit/Stand Stool

AAP-ST601
Supports up to 250 lbs., 24" to 33"h, Black/Black Base
Meets or exceeds ANSI/BIFMA standards.



SS Series Sit/Stand Adjustable Stool

AAP-SS600
Supports up to 300 lbs., 35½"h, Black /Black Base
Meets or exceeds ANSI/BIFMA standards.

GET ACTIVE WITH ALERA

And Bring the Benefits
of Movement to Work



Healthy Changes

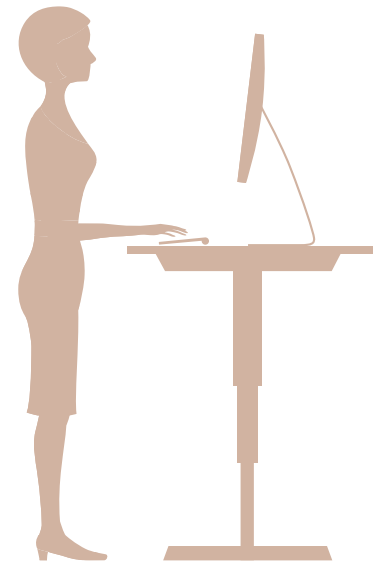
Moving from sitting to standing throughout the day burns more calories, improves circulation and steps up energy.

Brain Boosts

Reducing sitting time helps elevate your mood and increases blood flow to the brain, which enhances cognitive function, mental clarity and focus.

Pumped-Up Productivity

Changing postures throughout the day means fewer and shorter breaks are needed. It also ramps up engagement and efficiency, essential to getting more done.



Ready to get moving? Contact your sales representative today.