

**Email template:**

Dear [manager's name],

As more studies are released confirming the dangers of prolonged sitting, I would like to request an adjustable height workstation. I'm sure my health and work product would benefit from a less sedentary approach to work. Research shows that adjustable height workstations and more ergonomic furniture in general can lead to:

- More productive work days and increased collaboration among employees
- Reduced risk of obesity, diabetes, cardiovascular disease, and cancer
- Less pain and strain at work, leading to less time off work and reduced time spent taking breaks
- Lower stress levels due to increased mobility during the day and improved spinal posture
- I've chosen the [replace with link to specific product of your choice!] from SMARTdesks, which makes all of its products in the USA and offers a warranty

If you can confirm your approval, I'll contact [department or internal contact's name] to move forward with the procurement process.

Thank you in advance,  
[Your name]