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Life & times



Work gets personal

As ironic as it sounds, Melbourne engineer and designer Richard Winnicki hurt his back four years ago when he sat too long designing an adjustable assembly line to prevent bad backs. After numerous visits to physiotherapists, Winnicki create the first activDesk for himself. The adjustable desk, personalised to your height, allows you to rise from sitting to standing in seconds with the push of a button, encouraging you to move more often and decreasing pressure on the lower back. The desks start at \$1960 from www.amesystem.com.au/activdesk

Page 10