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ADJUSTABLE STANDING DESK IS MADE OUT OF CARDBOARD

 WORK & LIFESTYLE

Currently seeking funding through Kickstarter, Refold is a portable and sturdy standing desk made of cardboard that doesn't break the bank and is good for the environment.

Recent research indicates that humans are not designed to sit cramped behind a desk for hours on end. It's seen as a new threat to our health and experts are now extolling the virtues of working while standing up. The problem is that those looking to get in on this new health trend don't have a lot of affordable options. Ikea recently released [its own standing desk at the hefty pricetag of USD 489](#). Currently seeking funding through Kickstarter, Refold is a portable and sturdy standing desk made of cardboard that's relatively affordable and good for the environment.

Refold comes in three sizes — small, medium and large — with an average weight of just 6.5 kg, making it easy to travel with. Each desk is capable of being assembled as a standard sitting desk in around 2 minutes, and reassembled as a standing desk whenever users feel the need to stand. Once set up, they're sturdy enough to take the weight of a person, and can be packed away easily. The desks are made in New Zealand and the US, and are 100 percent recyclable.

Watch the video below to see the desk in action:

The desk is available from NZD 145, so it's still not cheap. However, the extra cash could make all the difference to schools, offices, creative studios and temporary spaces that want to keep their staff and customers healthy. The Kickstarter campaign runs until 10 November. Are there other ways to make cheap and practical objects out of cardboard to cut costs?

Kickstarter: www.kck.st/1pmmtkQ

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Website: www.refold.co.nz

Contact: www.facebook.com/refolddesk