

HermanMiller  
Motia™ Sit-to-Stand Tables



Elevate your work experience



### **Motia Sit-to-Stand Tables**

In an ongoing effort to promote wellness in the workplace, the Motia Sit-to-Stand Table puts people and workplaces in motion. Moving with workers and their workflow, Motia enables a smooth transition between sitting and standing. Designed with quality, minimal materials, and available in various finishes, Motia makes height adjustability easy to afford, easy to use, and easy to integrate—in any setting.

Ergonomically, Motia works with performance seating and technology support such as monitor arms to provide a range of healthy postures at various heights. Privacy screens can be added to give people a sense of solitude within open environments.



## Promote Wellness at Work

It's commonly known that a sedentary lifestyle can cause a higher risk of health problems. However, most of us are motionless about 21 hours a day, between sitting and sleeping. The Motia Sit-to-Stand Table makes it easier to move throughout the workday—keeping bodies healthier.

## Go Live

Motia is available with Live OS enhancements. With Live OS, you can respond to people's changing needs, empower them to work better, and activate your workplace strategy. Learn more at [hermanmiller.com/liveos](https://hermanmiller.com/liveos).



Motia is available with an electric standard base that has a height range of 27 to 46 inches and an electric extended base that has a height range of 22 to 48 inches.



Motia integrates with all Herman Miller workstations, including Action Office® seen here, to create a common aesthetic across the office environment. With a design that provides ample clearance for knees and legs, Motia offers maximum comfort to users.

## Well-Made Tables for Employee Well-Being

Motia offers reliable height adjustability, durability, and stability backed by unmistakable Herman Miller quality and service. Designed to integrate with any workplace, Motia tables require minimal assembly upon delivery.

## Ease into Sit-to-Stand Solutions

Height-adjustable solutions are gaining popularity within workplaces, promoting health and happiness. At an affordable price point, Motia is an opportunity to ease into height adjustability with a Herman Miller product.

## Materials

Motia comes in a variety of surface colors and a choice of base finishes so you can personalize the look of the table. Visit [hermanmiller.com/materials](http://hermanmiller.com/materials) to see representational samples of our complete textile and materials offering.

### Motia Sit-to-Stand Tables

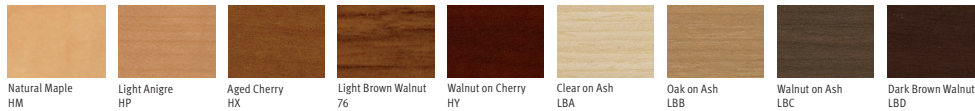
#### Top / Edge Patterned Laminate



#### Solid Laminate



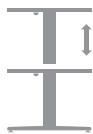
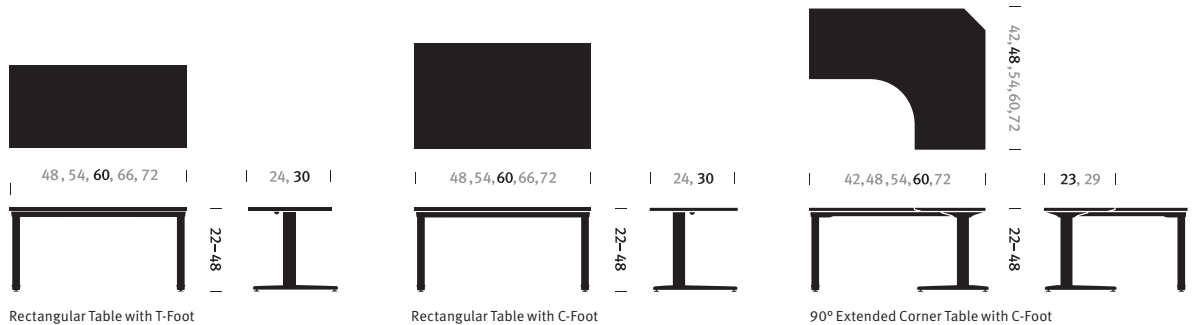
#### Woodgrain Laminate



#### Base Finish



## Components



**Mechanism**  
Electric Standard (E)  
Electric Extended (D)

**Sit-to-Stand Height Range**  
27" to 46"  
22" to 48"

A Motia Base Kit is available for installation on applicable surfaces.

**For more information, please visit [hermanmiller.com](http://hermanmiller.com) or call 888 443 4357.**

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