

Gaming Standing Desk

<https://beststandingdesk.wordpress.com/2020/03/24/gaming-standing-desk/>

Video gaming is one of the biggest industries in terms of revenue. According to a research conducted back in 2018, there were approximately 2.2 billion people around the world who play video games, out of which 1.2 billion people play games on PC. With such a huge potential market, it's no rocket science that standing desk manufacturers are trying to capture a piece of this market by introducing "Gaming standing desk"; **Click Here**.

Gaming standing desk are obviously desks that lets you play games while standing, sometimes with additional features like, built-in speaker in desk, etc. Most of us already know how too much sitting can be harmful for our health, but usually we consider this only for office workers or office employees. While gamers also spent hours on games sitting, which can cause as same harm as in office environment. See the best of the best standing desk you can get – [Website](#).

While many people might think that playing games while standing is an absurd idea, but this might not be the case. Gaming standing desk not only benefits the health but can also increase the gaming experience, once we are used to it. Let's take a look at some of the benefits of playing games while standing:

Health Benefits

While you are indulging in improving your in-game characters, you might be neglecting your own health if you are sitting and playing games for hours. Sitting too much can lead to some serious health problems, including weight gain, muscle strain, neck and back pain, etc. Using a gaming standing desk will not just improve your gaming experience but also help you to avoid health problems from excessive sitting. See if standing desk are bad for you – [More Info](#).

Improves Gaming Experience

As we have mentioned above the harmful effects of sitting too much, this may also hinder your gaming experience. Muscle strain, back and neck pain can remove your focus and engagement from the game affecting your gaming experience. Standing also improves your blood circulation to the brain, which will help you feel more energetic, enhancing your reaction time and focus in game. Are standing desk worth it – [Web](#).

Time

Games can have a captivating effect; spending hours may only feel like minutes. If you are standing, you are more likely to notice the amount of time passing by. This helps you to keep a track of time while playing games and you will be able to focus on other important activities in your life. This can also help you spend quality time within the game as you are more aware of the time passing by and will focus towards important things in game rather than useless wonderings.

Customization

You can customize your gaming standing desk according to your taste. It comes with different customizations and accessories. You can also select adjustable or sit-stand desk, to switch between standing and sitting.

Final thoughts

Gaming standing desk are beneficial for both your health and your gaming experience. While we look to build our characters and other stuffs in game, it is important to maintain our own health in the process. Gaming standing desk are a good solution and can let you enjoy your games while also benefitting your own health. You can also use standing desk converters and use it on your existing desk to play games while standing; **Must See**.

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