

# The Walkstation.

There's a new movement afoot.



Well-being has no time clock. It can be welcomed into every aspect of our lives. Including work.

A Steelcase Company

details®

## The Walkstation...a step in the right direction.

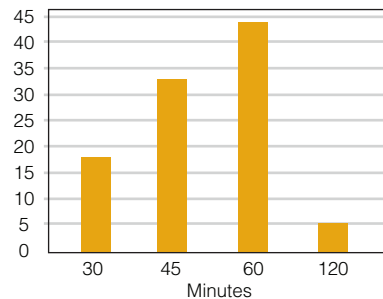
### What is the Walkstation?

Designed for the office environment, Walkstation is the premier product of the FitWork category of products from Details/Steelcase. FitWork focus is to bring healthy workstation options to the workplace to counter the risks associated with sedentary behaviors.

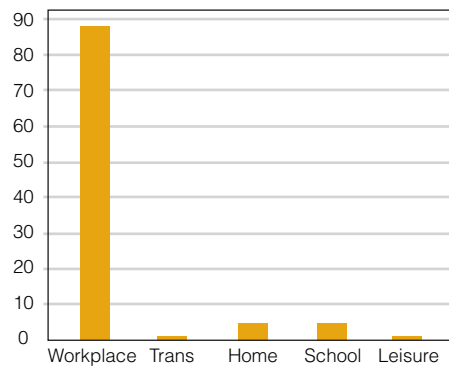
### Benefits of using the Walkstation in the workplace

Walkstation is a valuable asset for use in combating the risks and costs associated with long periods of sedentary behaviors. Used as one part of a company's wellness initiatives, the product encourages employees to consider alternative healthy postures and choices leading to a healthier workforce and control of healthcare expenditures for the company and employees.

“Simply by standing, you burn three times as many calories as you do sitting. Muscle contractions, including the ones required for standing, seem to trigger important processes related to the breakdown of fats and sugars. When you sit down, muscle contractions cease and these processes stall.” Dr James Levine



How much sitting is too much in a single session?



What is the most important venue for addressing sedentary behaviors?

Data from informal poll of attendees of “The Science of Sedentary Behavior” conference sponsored by Stanford Center on Longevity and Steelcase Inc., July 2010

## Case Study Highlights

### An Office That Moves Together Loses Together

#### The plan:

- Adding Walkstation's and walking tracks
- Encouraging workers to conduct walking meetings
- Providing high-tech activity monitors
- Teaching workers about nutrition

#### The participants:

- 18 were studied for weight loss and other changes

#### The results:

- Lost an average of 8.8 pounds, 90 percent of which was fat
- Decreased their triglyceride levels an average of 37 percent
- Company officials reported no productivity loss and the companies highest-ever monthly revenue in January 2008- the study's midpoint



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For more about this study see:

"Walkstation Customer Experience" <http://details-worktools.com/library/>

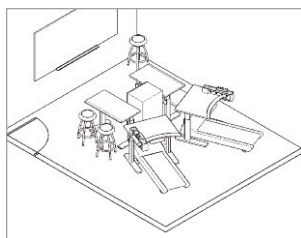
And Mayo Clinic "Office of the Future" Environment Study; <http://www.mayoclinic.org/news2008-rst/4924.html>

"We find our employees to be as productive or more productive using the Walkstations. They keep focused and the energy is great. We recorded our largest quarter in the history of our company when we started using the Walkstations."

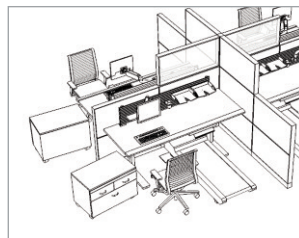
Amy Langer  
Co-founder/Partner  
Salo, LLC and its affiliates  
Oberon, LLC and  
NumberWorks, LLC



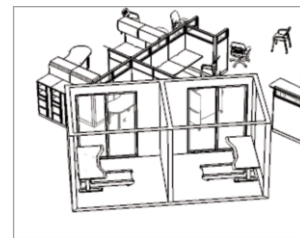
## Application Ideas



Meeting spaces



Individual spaces



Shared spaces

“Reducing and breaking up the time that adults spend in sedentary behaviors must be seen as a possible public health priority.”

Marc T. Hamilton, PhD  
“Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior”



## Want to know more about research on movement and health?

Physiologists and microbiologists find link between too much sitting and poor health  
View video at: [http://www.sciencedaily.com/videos/2008/0610-stand\\_up\\_for\\_your\\_health.htm](http://www.sciencedaily.com/videos/2008/0610-stand_up_for_your_health.htm)

### The Initial Study: N.E.A.T.™

The initial clinical study conducted by Dr. James Levine spanned 10 years and included following 20 individuals as they went about their normal work, recreation, rest and life routines.

**Conclusion:** Even trivial physical activities increase metabolic rate substantially. The cumulative impact of increasing the metabolic rate through added daily movement that can help interrupt or reverse weight gain which is a known lead to many other health challenges.

Nonexercise activity thermogenesis (NEAT):environment and biology; Science. January, 2005

### Surprising Results About Body Composition

How might the Walkstation use influenced body composition?

**Results:** Workers using the Walkstation over a 12 month period experienced some reduction in body weight, but more importantly lost fat weight while maintaining and even increasing their percentage of lean tissue (muscle mass). The alterations in body composition and reduction in waist circumference reflected an improvement in health profile even more than the subjects' weight loss.

Work Site Intervention With Active Workstations (Walkstation): Effects On Metabolic Fitness Variables At First Follow-Up.  
Authors Ronald H. Cox, Christina Ohlinger, And Amanda Zylstra. Miami University

For more on the studies above and others see the Walkstation Research Summary at:  
[http://details-worktools.com/files/documents/products/Walkstation\\_Research\\_Summary\\_\\_0910.pdf](http://details-worktools.com/files/documents/products/Walkstation_Research_Summary__0910.pdf)

For further information, please go to the Details website [details-worktools.com](http://details-worktools.com) or call 800.833.0411

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