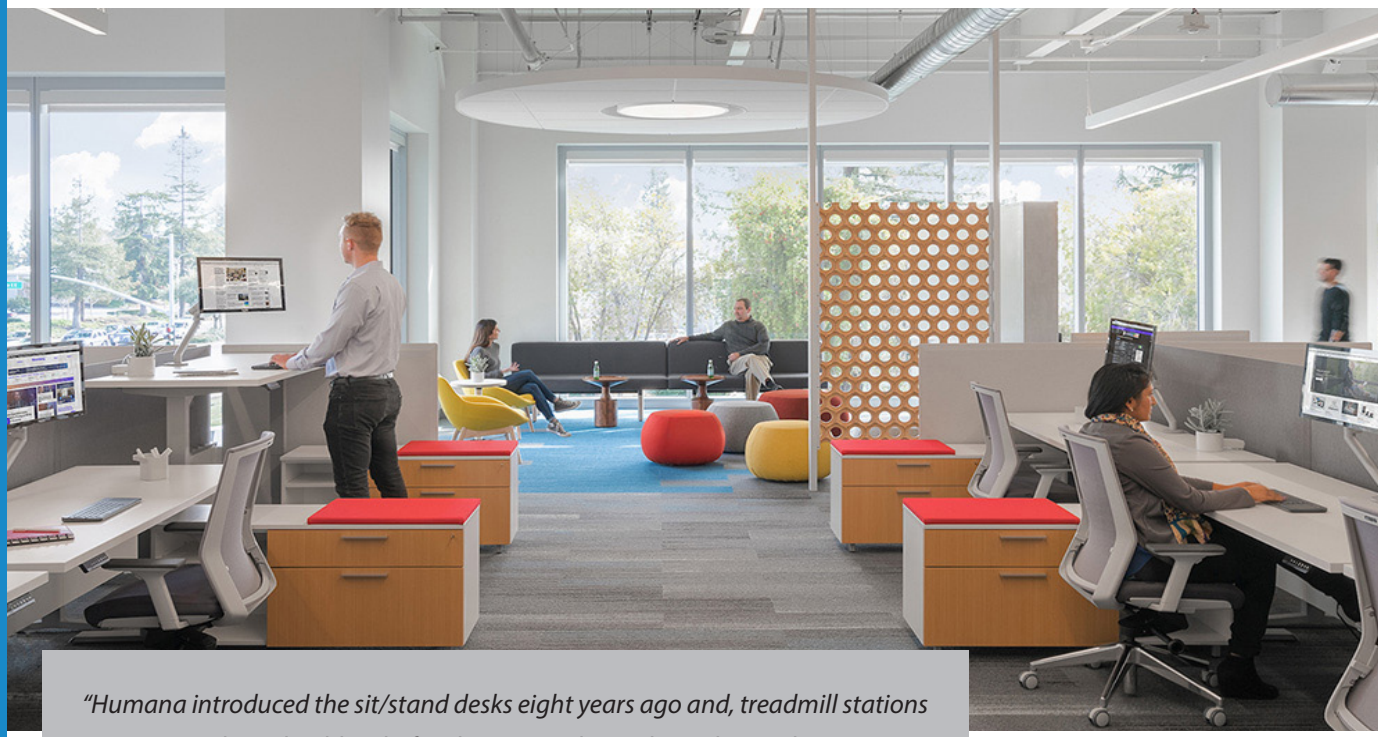
Holistic Health

The Science-Based Benefits of the Active Office

Movement is focused. It's energized. It's active dedication to the task at hand.



"Humana introduced the sit/stand desks eight years ago and, treadmill stations in 2010. Employee health risks for chronic conditions have dropped 42 percent since 2012. Engagement scores are up, and retention has been boosted by the company's commitment to workers' well-being."

-Excerpt from HR Magazine's Analysis on Active Workstations

LifeSpan Workplace

Walk

For Health & Wellness

Weight Loss:

Dr. James Levine, the now-famous Mayo Clinic physician, began studying the impact of active working on fat loss in 2007, finding calorie burn during simple walking to be significantly greater than while sitting, and even standing. Levine and his team concluded that walking-and-working can result in weight loss of up to 45 – 65 pounds per year. The University of Pittsburgh validated these findings in a similar study published in 2015.

University of Pittsburgh

MAYO CLINIC HEALTH SYSTEM

46-65

Pounds of Possible Weight Loss

Biometric Health:

Long-term studies completed by the University of Massachusetts found treadmill desks to reduce waist and hip circumference by an average of 6 percent, while simultaneously improving LDL and total cholesterol by 7 percent Additional analysis completed by the University of Prince Edward Island discovered improvements to both employee blood glucose and blood pressure, all without reducing worksite productivity.

UMASS AMHERST

UNIVERSITY of Prince Edward ISLAND

- 6%

Reduction in Waist/Hip Circumference

Mental Wellness:

Purdue University researchers studied nearly 200 subjects to determine the psychological impact from using active workstations. Their results determined treadmill desk users to display 13 percent higher job satisfaction and 12 percent greater task stimulation than their seated counterparts. Treadmill walkers similarly experienced 30 percent less workplace stress and boredom, while maintaining task-specific efficiency.

PURDUE UNIVERSITY

+13%
Increase in Job Satisfaction

For Injury Recovery & Pain Management

Improved Acute Back Pain:

According to the American College of Rheumatology, 650 million individuals suffer from low back pain (LBP) at any given moment. Researchers from La Trobe University studied the impact of treadmill desk use on subjects suffering from LBP, ultimately finding the intervention to be a highly beneficial method of pain management. After six weeks of continued walking, all participants reported complete recovery from the episode of LBP.

LA TROBE UNIVERSITY

100%
Of Subjects Saw Pain Relief

Reduced Joint Pain:

Researchers from the University of Tel Aviv studied more than 50 professionals suffering from joint pain. The team found 20-40 minutes of simple walking, three times a week, to be as effective for joint pain as treatment in a clinical setting. Dr. Katz-Leurer lead researcher on the project, noted that the walking intervention also lowered blood pressure, boosted brain and immune system functioning, and reduced stress.

Tel Aviv University

100%
As Effective as Clinical Treatment

Improved Chronic Back Pain:

Chronic LBP is commonly treated with moderate success in clinical settings. Researchers found patient comfort to significantly improve when a walking intervention was added to traditional treatment. Pain relief from walking was so effective that 78 percent of patients were still satisfied with their result a full year following treatment, a 15 percent increase over the traditional treatment group.

ASSAF HAROFEH MEDICAL CENTER | מרכז רפואי אסף הרופא

78%
of Patients Satisfied Walking Treatment

Stand

For Health & Wellness

Body Composition:

The Department of Occupational Health at the Texas A&M School of Public Health completed a two-year study analyzing the impact of standing desks on students. Researchers discovered standing desk users to average a three percent drop in body mass index over the course of two years, a transformation they attributed to the Activity Permissive Environment.

-3%
Average Reduction in BMI

TEXAS A&M UNIVERSITY

> *"It's literally a win-win. And now we have hard data that shows it is beneficial."*
> *- Mark Benden, Ph.D., Texas A&M*

Energy Output:

British scientists studied the impact of standing desks on the dreaded post-lunch crash. Researchers analyzed the post-lunch blood glucose of a group of office professionals, discovering a 43 percent increase in energy efficiency in workers who utilized standing desks. Furthermore, the study's lead researcher concluded that intermittent standing could lead to reduced risk of cardiometabolic diseases.

+43%
Increase in Afternoon Energy

University of Chester

Mental Health:

A team of California researchers studied over 100 subjects to determine the impact of "embodied cognition", or the impact of healthy, upright postures on personal energy and mental health. They found the positions associated with standing desks to enhance energy, self-esteem, and mood by up to 30 percent. Subjects also displayed reduced feelings of anxiety.

San Francisco State University

"If you start integrating more body movements into your daily life, your energy level stays higher and your quality of life is better."

-Erik Peper, Ph.D., San Francisco State University

+30%

Elevation in Positive Mood

For Injury Recovery & Pain Management

Reduced Back & Neck Pain:

Harvard University studied the benefits of standing desks on a group of office workers. After seven weeks of data collection, researchers discovered standing desks to substantially reduce back and neck pain by 54 percent, while simultaneously improving mood states. Further validating their findings, researchers noted that removal of the desks negated improvements within two weeks.

HARVARD UNIVERSITY

-54%

Reduction in Back and Neck Pain

Alleviating Chronic Low Back Pain:

Stanford University researchers analyzed the ability of sit-to-stand desks to improve chronic low back pain. After merely fifteen days, 95 percent of participants reported significantly lower back and neck pain. After three months, 78 percent of standing desk users reported entirely pain-free days.

STANFORD UNIVERSITY

95%

Reported Significantly Less Pain

Pedal

For Health & Wellness

Body Composition:

The University of Massachusetts completed a meta-study analyzing the benefit of active workstations on energy expenditure, and ultimately weight loss. Their research confirmed bike desks to be second only to treadmill desks in offering the greatest opportunity for improved body composition through enhanced calorie burn, to the effect of 2-4 calories per minute.

UMASS AMHERST

+70%

Additional Hourly Calorie Burn

Total Heart Health:

Australian scientists studied 16-cycling specific studies to better understand the health benefits of pedaling. They discovered a consistent positive response between cycling and health benefits, specifically in total heart fitness benefits and the reduction of cardiovascular risk factors.

THE UNIVERSITY OF SYDNEY

"Strong Evidence of Fitness Benefits"

Mood, Satisfaction, & Motivation:

The department of psychology at Clemson University studied 38 individuals to better understand the impact of bike desks on cognitive function. Researchers found bike desk use to result in a 17 percent increase in quality mood, 12 percent increase in task motivation, and a 4 percent increase to task-specific engagement, all without hindering professional output.

CLEMSON UNIVERSITY

+17%

Increase in Positive Mood

For Injury Recovery & Pain Management

Diabetic Pain Reduction:

The American Diabetes Association and American College of Sports Medicine encourage biking as a low-impact, beneficial method for treating diabetic neuropathy and nerve pain and increasing insulin sensitivity. When completed for 30 minutes, 5 days a week, the gentle cycling associated with bike desks is also effective at improving physical mobility as well as quality of life.

American Diabetes Association.

GRADE 'A'

ACSM's Evidence Score for Exercise on Improving Insulin Sensitivity

Post-Stroke Coordination:

Employees with a history of stroke are likely to have reduced muscle function in one or more limbs. Physicians from the department of rehabilitation at the Keio University School of Medicine analyzed pedaling as a method to improve muscle activation for these individuals. Researchers found bike-desk style pedaling to significantly improve side-to-side muscle activation and muscular reeducation.

Keio University 1858 CALAMVS GLADIO FORTIOR

+50%

Amount of Improved Flexibility

"From a health standpoint, I'm very much of a supporter of workstation exercise. Any time we can move continuously, it's a very good thing."

-Jody Ensman, Health & Wellness Program Manager, University of Kentucky

"We view it as part of our ecosystem of health and wellness. If you're not considering it, you're going to put yourself at a competitive disadvantage. It's a no-brainer."

-Dan Spaulding, VP of people and culture, Zillow Group

Attributions

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