



Introducing the first truly mobile office:
the Walkstation.

The Walkstation is the fully integrated combination of an electric height-adjustable worksurface with an exclusively engineered, low speed commercial grade treadmill. And it's the first product in the entirely new FitWork™ category of products from Details designed to bring healthy habits to sedentary workers while they are actually working.



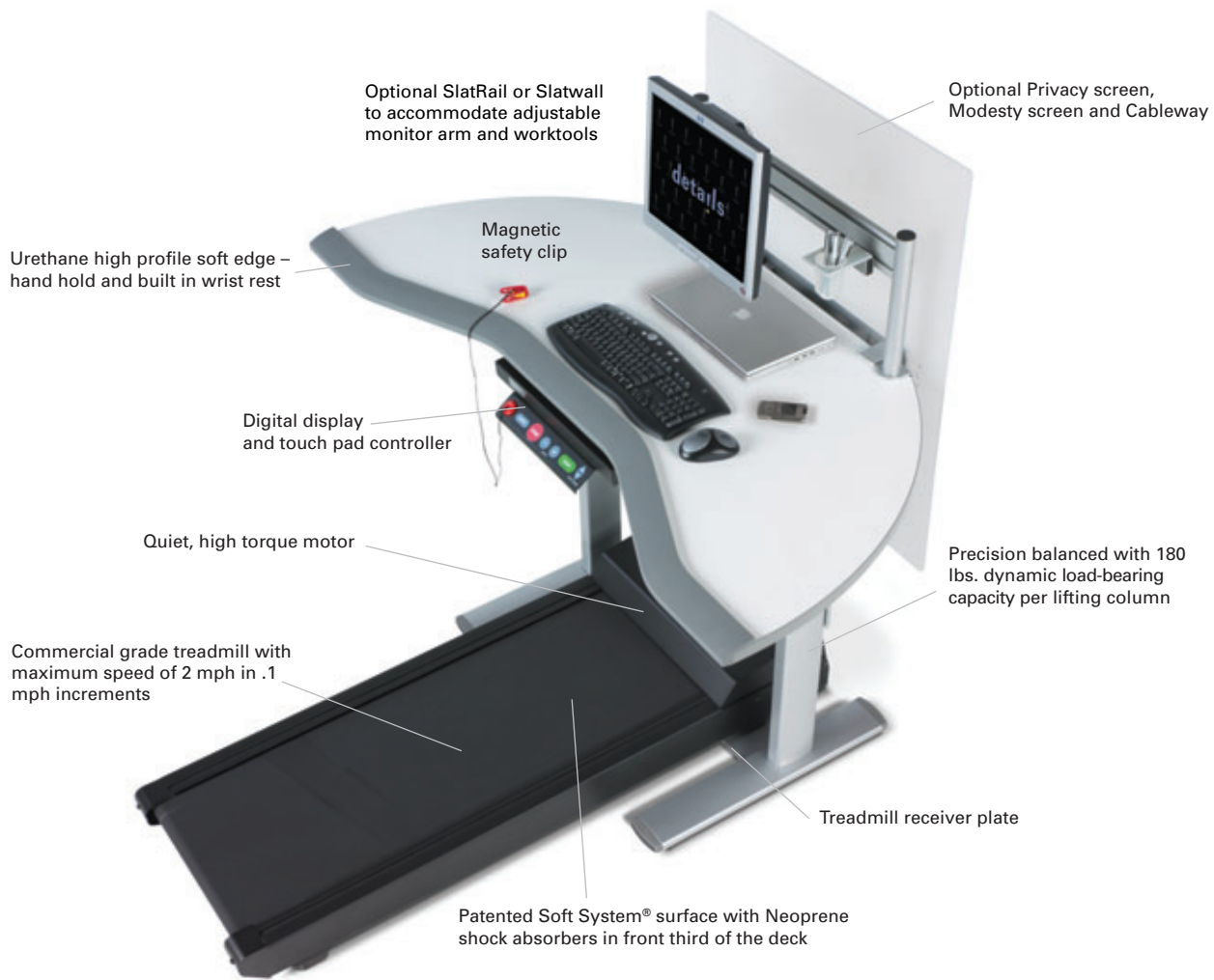
In today's corporate world,
mobility is no longer strictly upward.

The Walkstation is based on the proprietary NEAT™ (non-exercise activity thermogenesis) research of Dr. James Levine of the renowned Mayo Clinic, Rochester, MN. The study focused on how calories are expended through all the activities of daily living and it represents the most data-rich investigation of obesity ever undertaken with 150 million lines of downloaded data carried out over a 10 year period.

Dr. Levine's research analyzed the feasibility of walking while working and the relationship of that activity to the potential of burning calories and losing weight.

The effort culminated in the Walkstation: A product designed to change the face of the corporate workplace and the health of its workforce.





The corporate ladder re-defined.

It's no secret that in today's society the increase in obesity is driving up healthcare costs and driving down worker productivity. According to the fourth annual "F as in Fat: How Obesity Policies are Failing in America, 2007 report" from the Trust for America's Health, adult obesity rates rose in 31 states last year and no states decreased.

The Centers for Medicare and Medicaid Services indicates that healthcare spending per capita will increase from \$7,498 in 2007 to \$12,782 in 2016.

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

Dr. James Levine's research suggests that increased physical activity among sedentary workers may benefit the workplace environment and increase the overall health, focus and productivity of a workforce that is typically desk-based. And that's precisely what the Walkstation promotes: a workplace in which burning calories, stress-relief and other benefits of walking slowly, seamlessly enhance the full-range of responsibilities that are traditionally handled in a seated manner.



Dr. James A. Levine
in his own words

“ More than half of the population has weight problems and obesity is costing the United States economy 100 billion dollars a year. Here is a potential solution – walking whilst at work – that can literally help thousands of people become more active, burn calories throughout their day and potentially become far healthier. Also, this is the kind of solution that may enable us to be more focused rather than so tired.

To be clear, however, the Walkstation is not intended to provide a gym-style workout in the office; its purpose is not to cause users to raise their heart rates or work up a sweat. Users will burn calories by walking slowly and doing it with regularity.

The groundbreaking relationship between Details and me enables us to create and make available the Walkstation, thereby bringing my research from the lab to the people in the form of a product.”



*M.D., Ph.D., Professor of Medicine, Holder of the Richard Emslander Chair of Nutrition; Professor of Bioengineering and Professor of Physiology.
Mayo Clinic, Rochester, MN*

“Walking while working will burn calories, potentially alleviate stress, increase productivity, and increase focus while promoting good ergonomics to improve the overall health of employees and the companies for whom they work.”

Key NEAT research results

(non-exercise activity thermogenesis)

- It is metabolically more effective to put more NEAT into your life to achieve a healthy body weight than to seek organized exercise.¹
- It is feasible to increase NEAT in the workplace. Subjects were able to perform their job functions while walking on a treadmill at one mile per hour.²
- Walkstations were not disruptive in the office setting.³
- Subjects reported that they enjoyed using the Walkstation; that it could be used in the actual work arena and that, if available, they would use it.⁴
- Since many people spend most of the working day sitting in front of a computer screen, if seated computer-time was replaced by walking while working, energy expenditure could increase by 100 calories per hour. Thus, if obese individuals were to replace time spent sitting at the computer with 2-3 hours per day of walking computer time, and if other components of energy balance were constant, actual weight loss may result.⁵

1 Review, Journal of Internal Medicine, 2007; 262: 273 – 287.

2, 3, 4 British Journal of Sports Medicine, August 23, 2007

5 British Journal of Sports Medicine, May 15, 2007

