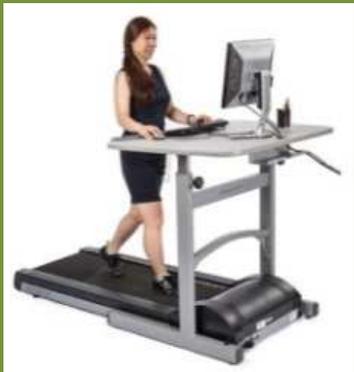


IMPLICATIONS FOR DESIGN OF DYNAMIC WORKSTATIONS:

- 1) TREADMILL DESK
- 2) INTEGRATED SEATED ELLIPTICAL
- 3) UNDERDESK SEATED ELLIPTICAL



2007



2009



2013

CHRISTOPH LEONHARD, PHD ABPP
DUODESK LLC, NEW ORLEANS, LA, USA



Is it safe?

ER Visits 2014

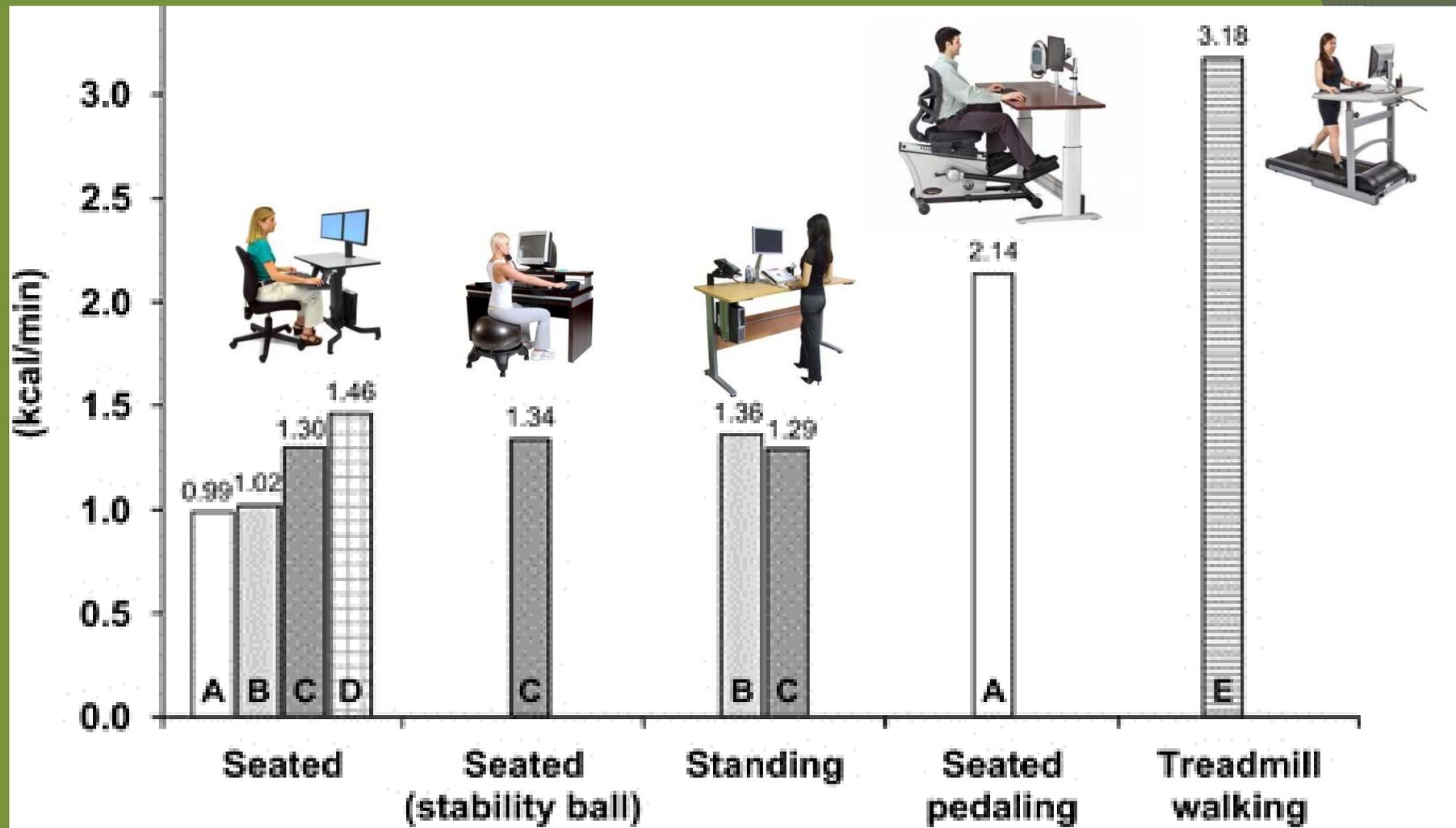


Deaths 2003-2012

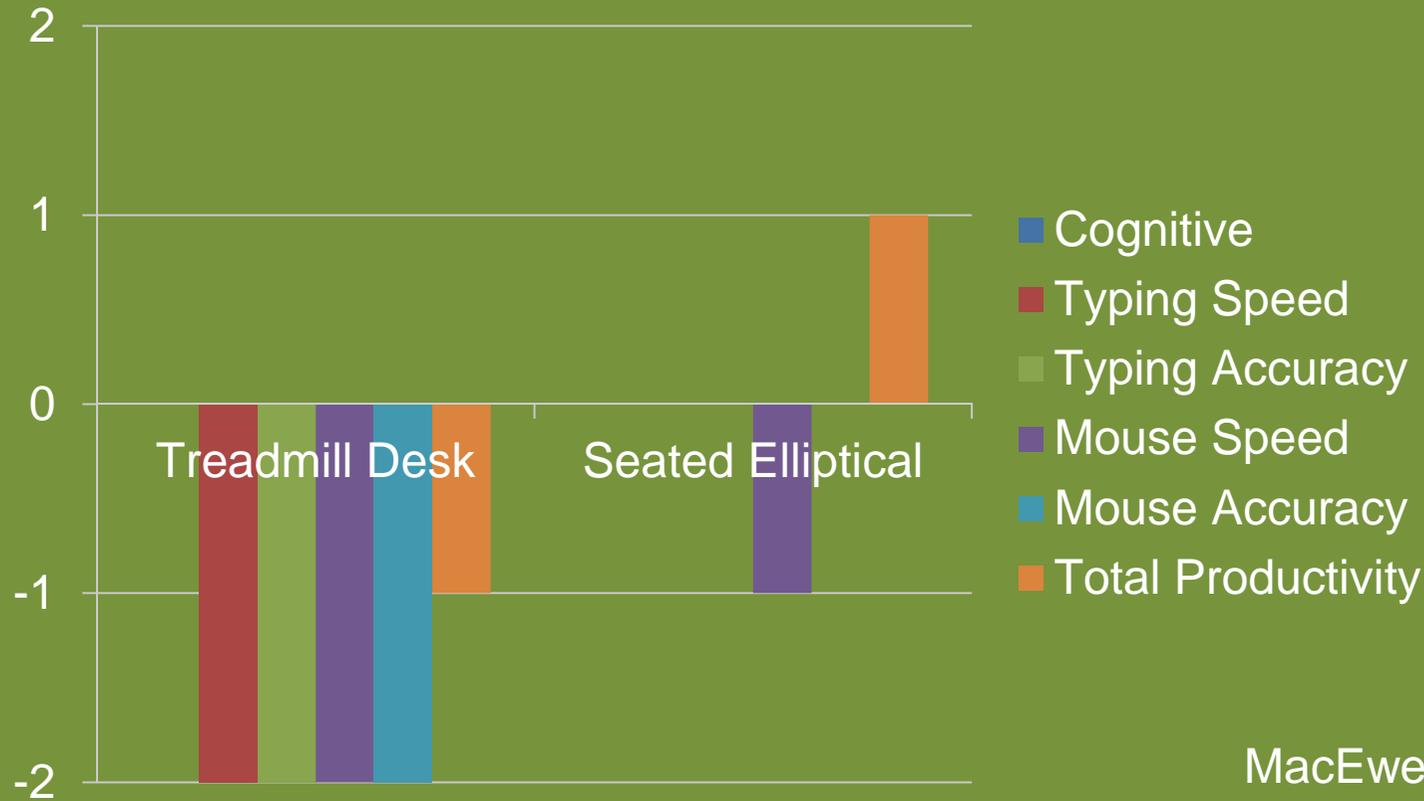


US Consumer Product Safety Commission
National Electronic Injury Surveillance System

Does it Disrupt Sedentariness?



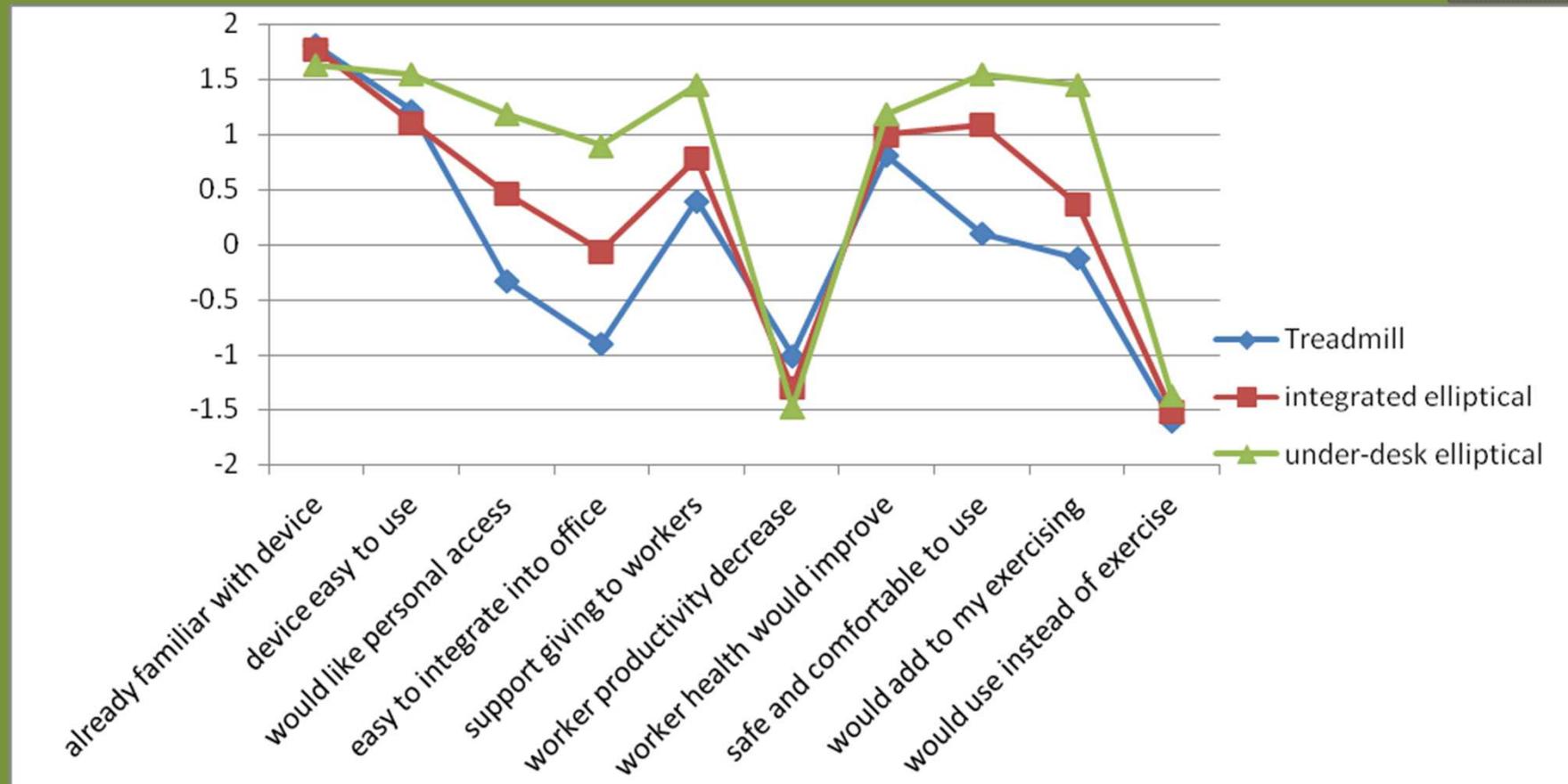
Impact on Productivity?



Key: -2: clearly worse; -1 probably worse; 0 unchanged;
1: probably better; +2 clearly better

MacEwen, et al. 2014
Schuma et al. 2014
Tudor-Locke et al. 2015
Carr et al. 2015
Burford, et al. 2011
Commissaris, et al, 2014

What Do the Experts Say?



Key: 2: strongly agree; 1: agree; 0: neutral;
-1: disagree; -2: strongly disagree

Leonhard, Ellegast, & Carr 2014, unpublished data

What do Users Say?

- Love the Idea

- At my work station - not shared
- → Convenience
- → Privacy

(overweight, unfit, female, older, non-white)

(shared: 12 min – 2 daily 1:1; own: 50 min – n/a)

- Worries: Culture fit – Productivity Decline

- Show me the DATA!

Carr, et al., 2014; 2015

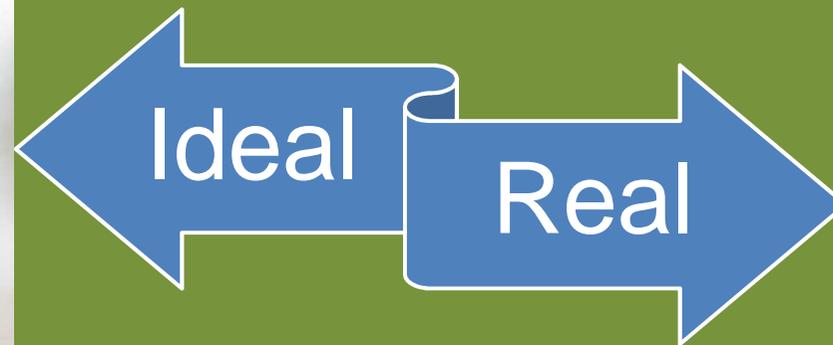
Schuna et al., 2014

Tudor-Locke, et al., 2014

Commissaris, et al., 2014

Caveats

- 'Optimal Default' Environment?
- Fully Integrated Machines look cool
→ BUT looks ≠ RESULTS



Questions?

