

## Innovation Funds Proposal

### Walk While You Work

#### **A. Project Area.**

This application falls under the project area, primarily, of Organizational Effectiveness and also, somewhat under Strategic Plan Core Value 3, “Desire to Make a Difference” and Aspirational Value number 1, “Commitment to Quality.”

#### **B. Executive Summary**

This proposal is asking for institutional funding and support to purchase and install three treadmill or walking desks. In preparation for this proposal, an informal poll of department faculty was done. The results indicated that there is a strong interest in utilizing treadmill desks in order to help prevent adverse impacts to health. These desks would be placed in the business building for faculty, staff, and student use.

There is a popular phrase that “sitting is the new smoking” (1). Long periods of sitting at work put people at greater risk of lower back or neck pain as well as non-orthopedic problems such as obesity, diabetes, cardiovascular disease, some cancers, and other internal conditions. Australian researchers, recently studied 220,000 people and found that, over about a 3-year period, those who sat for 8 to 11 hours a day were 15 percent more likely to die of any cause than those who sat for 4 hours or less. Dr. Levine from the Mayo Clinic said that we lose two hours of life for every hour we sit.

However, many LCCC employees have no choice. We must spend many hours at the computer developing and teaching classes, maintaining online course sites, and grading computer-submitted work. The answer is to get up and move. One way to do that and still maintain or even increase work production, is to walk on a treadmill at a raised desk while we work. The recommended pace is to walk at up to two miles per hour. Some adopters of this technology use it anywhere from one to eight hours per day.

#### **C. Project Description**

This project proposes that three treadmill desks be purchased for installation in the Business building, one in one of the larger adjunct offices, and two in student team rooms. These treadmill or walking desks would be used by faculty, staff and students who sign-up and reserve them ahead of time. The use would not be limited to only BATS faculty, but would be available for all employees on campus. Business and computer faculty members have indicated that they would like to try them and would expect to use one anywhere from 30 minutes to several hours a day. If there appears to be greater demand, perhaps this technology would be taken into future consideration when purchasing new office set-ups. Informal surveying of students in computer classes resulted in intrigue of the concept and curiosity in trying them out.

Utilizing the treadmill desk does not replace daily exercise or use of the physical education facilities, but simply provides the user with a level of activity considerably above sitting stationary at the desk.

**D. Goals, Objectives, Outcomes and Their Evaluation**

The goals of this project are to help employees and students to:

1. Increase their activity level while still maintaining work-place effectiveness,
2. Improve individual health and wellness.

Success will be measured by documentation with the use of sign-in sheets, individuals' utilization of the equipment, and following up with users to determine if they feel the use of the equipment improved their overall sense of well-being, energy level, and general fitness.

**E. Project Budget**

There is a wide-range of desks available. We need tables that are easily adjustable for height differences of the users. The treadmills are not the same as those in the fitness center. They are not adjustable for inclines and are not for running. The unit placed in the adjunct office would also need to have a computer installed. Those in the team rooms would utilize the existing computers.

Treadmill desks	3 @ \$3000	\$9,000
Computer and monitor	\$1000	1,000
Total Request		
		\$10,000

**F. Project Timeline**

It is anticipated that should this project be awarded, we would have to go through the bid process to purchase the desks. The plan would be that once the purchase was made, they could be installed and ready to use by early spring 2015.

**G. Project Team**

Faculty members in the computer area:

1. Catherine Rogers, lead
2. Roger Findley
3. Leah Noonan
4. Judy Dunn
5. Rob VanCleave

## H. Supplemental Materials.

The following pictures is an example of how our treadmill desks may appear.



## NOTES

"Sitting is the New Smoking." *Cincinnati Enquirer*: 3. Mar 14 2013. *ProQuest*. Web. 4 Sep. 2014

Thomasson, Kelsey. "Faculty Members Introduce Treadmill Desks into Offices, Work Spaces." *University Wire* Mar 26 2014. *ProQuest*. Web. 4 Sep. 2014 .

"Sitting all Day 'is as Bad for You as Smoking'." *Daily Mail*: 1. Nov 09 2007. *ProQuest*. Web. 4 Sep. 2014

MacVean, Mary. "Scientist: Sitting as Dangerous as Smoking." *Times – Colonist* Aug 07 2014. *ProQuest*. Web. 4 Sep. 2014.