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Treadmill Desks Help You Get In Shape, Lose Weight

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This desk gets you off your butt and boosts your health. Post a Comment or Rate this Video

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By: [ELLIE MERRITT](#) | NBC4
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COLUMBUS, Ohio – Lisa Christian could break a sweat at work, stepping on her treadmill desk and logging into her computer at Ohio State University's Wexner Medical Center.

"Once you get absorbed in your work and you're thinking about other things, you look down and it's like, 'Oh, it's been an hour,'" said Christian, an assistant professor.

Christian is part of a growing trend of people choosing treadmill desks to walk while they are at work.

"I have a headset, and I can take conference calls while I am walking, and no one knows that I'm walking," said Christian. She walks at a mile-an-hour pace and logs between two and three hours of walking on her treadmill desk.

Why does she do it? Christian says it's for the health benefits and to avoid the health problems brought on by sitting.

Americans sit more now than ever, and doctors say there is a clear link between sitting too much and a long list of diseases, including obesity, diabetes, heart disease and cancers.

Across the campus, at the College of Nursing, there are two treadmill desks positioned to face each other for

meetings.

NBC4's Ellie Merritt hit the treadmill desk for a "walking chat" with Bernadette Melnyk, the dean of the OSU College of Nursing and chief wellness officer for the university. She says her goal is to make OSU the world's healthiest campus.

"You have to make it easy for people to engage in activity and to eat healthy ... I do standing meetings a lot here now, and it's uncomfortable at first because we're in the habit of sitting," said Melnyk who wants to see more treadmill desks and standing desks pop up around campus.

Then there's the almighty dollar. Melnyk says for \$1 a company or organization spends on health and wellness programs, the return is \$4, so companies are making investments with the expectation of lower health care costs.

Treadmill desks range in price from about \$1,200 on up to \$3,000, depending on the bells and whistles.

The goal of the treadmill desk isn't just to log a few more steps on the pedometer; it is also to keep you from sitting for hours on end at work.

"People go to work, and they are coming home sicker," said Dr. Anup Kanodia, a family practice physician at the Wexner Medical Center. She says 150 years ago Americans sat 10 percent of the time but today are sitting about 55 percent of the time.

More Americans find themselves sitting behind a desk, in front of a computer, for their profession. Some people sit for seven or eight hours a day at work and then go home and sit for another two or three hours.

Kanodia says it's a prescription for disease.

"If you would just, every half an hour, stand up and walk for one minute, you burn 43 percent more energy," said Kanodia. She has a standing desk, organizes standing meetings and is about to launch a research project at OSU on the difference treadmill desks can make in a patient's health.

Christian already is noticing the health perks after having her treadmill desk for one month.

"I definitely feel better now that I am able to walk during the day. I feel like I have more energy during the day, and I think it has also improved my sleep," said Christian who also is a busy mom.

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