

The Walkstation.

A healthy step in the right direction.



details

This.

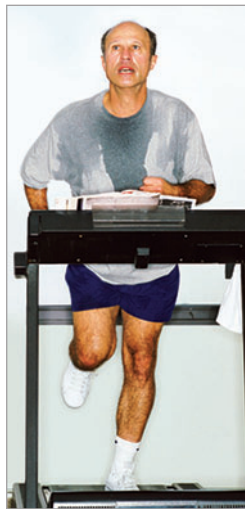
The Walkstation is the combination of a fully integrated electric height-adjustable worksurface with an exclusively engineered, low speed commercial grade treadmill. At a **maximum speed of 2 mph**, the Walkstation lets you walk comfortably, burn calories, feel healthier and more energized... all while accomplishing the work you'd normally do while seated. No sweat!



Not this.

The Walkstation has as much to do with a traditional cardiovascular treadmill workout as a walk in the woods does with a marathon. Fact is, you'd never be able to do all your normal desk-based activities on a healthclub-style treadmill.

It just wouldn't compute!





The increase in obesity today 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.

And Dr. James A. Levine says, “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.”



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

The Walkstation. Designed to bring healthy habits to sedentary workers while they are actually working.

The most data-rich investigation of obesity ever undertaken.

The Walkstation is based on the proprietary NEAT™ (non-exercise activity thermogenesis) research of Dr. James Levine of the renowned Mayo Clinic, Rochester, MN. NEAT refers to the calories we burn in our every day lives, or simple movement. The study, with 150 million lines of downloaded data carried out over a 10 year period, focused on how calories are expended through all the activities of daily living.

He 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: the first product in the entirely new FitWork™ category of products from Details.

The Walkstation: designed to change the face of the corporate workplace and the health of its workforce.

Key NEAT research results

(non-exercise activity thermogenesis)

- It is metabolically more effective to put more NEAT (simple movement) 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



“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.” *Dr. James Levine*



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





Full electric height-adjustability instantly adapts to different users.

24 1/4" – 52" range

Distance from floor to treadmill belt - 6"



- ① Commercial grade treadmill with maximum speed of 2 mph in .1 mph increments and no incline adjustability
- ② Patented Soft System® surface with Neoprene shock absorbers in front third of the deck
- ③ Digital display and touch pad controller
- ④ Urethane high profile soft edge – hand hold and built in wrist rest
- ⑤ Magnetic safety clip
- ⑥ Quiet, high torque motor
- ⑦ Precision balanced with 180 lbs. dynamic load-bearing capacity per lifting column
- ⑧ Treadmill receiver plate
- ⑨ Optional SlatRail or Slatwall to accommodate adjustable monitor arm and worktools
- ⑩ Optional Privacy Screen, Modesty Screen and Cableway

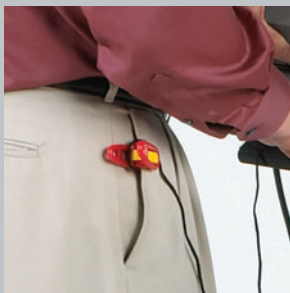


A healthy set of features.



07-0002086

All adjustments for the table height, user weight, and the treadmill speed are easily input on a stowable, touch pad digital controller. And the same controller records and displays time, distance, speed and calories burned.



07-0001653

A magnetic safety clip attaches to the user and automatically shuts off the treadmill if the magnetic connection is lost.



07-0002090

Front (user's) edge has the Urethane high profile end to end. (Back and side edges are flat.) Provides grip for balance; also serves as built-in wrist rest.



07-0001653

Optional Privacy and Modesty Screens help address visual distraction and improve productivity. An optional Cableway takes the technology of cables, cords, and wires and houses them into an out-of-sight yet accessible "pocket."



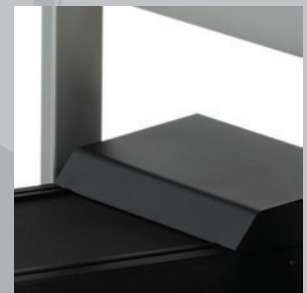
07-0002082

The treadmill sits firmly in slots along the base of the table. This patented feature insures stability, keeps treadmill and table aligned and secures treadmill front to back.



07-0002094

Patented Soft System® surface with Neoprene shock absorbers in front third of the deck.



07-0001657

2.0 mph max., quiet high torque motor will withstand rigors of low speeds for long periods of time. Speed adjusts in .1 mph increments.

The Sit-to-Walkstation.



A variation of the Walkstation is the Sit-to-Walkstation, ideal for a personal workspace. Throughout the day, an individual can move from sitting, to standing, to walking at the push of a button. The only lost time is the time it takes to change from a pair of dress shoes to a casual pair of walking shoes.

Sit. Stand. Walk.



Obligatory and important basic feature information.

Walkstation

Commercial Grade Treadmill (True Fitness Technology Inc.)

- The display console shows speed, calories burned, time and distance. Console may be visible or stored
- Controls are always out front and easily accessible
- Safety clip is magnetic and always accessible
- Upper control parts are field replaceable via RJ-45 connectors
- High torque motor made to withstand the rigors of slow speeds for long periods of time
- 2.0 mph maximum
- 0.1 mph speed adjustment (.1 mph – 2 mph)
- Uses between 3 to 8 amps based on speeds and load
- Plugs into a 110 volt outlet on a dedicated 20 Amp circuit
- Frame: powder coated welded steel
- Tread belt area: 18" – 53"
- Max weight capacity: 350 lbs.
- Patented Soft System® surface with Neoprene shock absorbers in front third of the deck
- Whisper quiet for the office environment
- Indicators on the belt to show movement and belt edge
- No incline
- Narrow frame design; Treadmill dimensions: W23½" x D64" x H6"
- Treadmill finish: Black only
- Meets ETL® requirements
- Use of a wireless headset is recommended for phone conversations

Series 7 Height-Adjustable Worksurface*

- Height adjustment on the treadmill key pad
- Worksurface proportioned for limited reach
- 24¼"- 52" electric height adjustability range; distance from floor to treadmill belt - 6"
- Urethane High Profile edge spans entire front edge (palm rest, cushions front edge, and grip for balance)
- Metal Treadmill Receiver Plate between table feet insures stability (table cannot be tipped over), keeps treadmill & table aligned and secures treadmill front to back
- Front indent on worksurface gets user closer to flat panel and keeps body aligned to treadmill base

**Same specs as Series 7 (see chart on SpecGuide pages 56 & 57) with the following exceptions: adjustment range, sizes, controller options, comparable sizes, list price Patents Pending*

Warranty

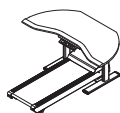
Table

Lifting column, electronics,
Urethane profile – 5-years
All else – 10-years

Treadmill

Frame – lifetime
Parts and wear items – 3-years
Treadmill service labor – 1-year

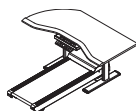
Style Numbers/Descriptions



A7TG660606H

Overall footprint, including treadmill: W66 x D67

Worksurface: W66 x LD6 x RD6
(full depth at 32")



A7TG660632H

Overall footprint, including treadmill: W66 x D67

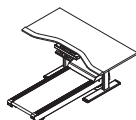
Worksurface: W66 x LD6 x RD32



A7TG663206H

Overall footprint, including treadmill: W66 x D67

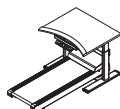
Worksurface: W66 x LD32 x RD6



A7TR663232H

Overall footprint, including treadmill: W66 x D67

Worksurface: W66 x LD32 x RD32



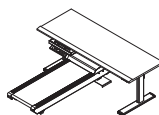
A7TR383030H

Overall footprint, including treadmill: W38 x D67

Worksurface: W38 x LD30 x RD30

Sit-to-Walkstation

This sit-to-walk version provides an area where the work-surface can be lowered for seated use. The user then has the flexibility to adjust from a seated to a standing to a walking position with room for a chair next to the treadmill. Use of a wireless mouse and keyboard is recommended. Treadmill mounts under right or left side of the table.



A7TR782929H

Overall footprint, including treadmill: W78 x D67

Worksurface: W78 x LD29 x RD29

Worksurface finishes: 36 laminates and two base colors (black and platinum).

Urethane high profile edge is available in black or felt.

Treadmill finish: black only.

Base finishes: black and platinum.

Please see the "Finishes" page in the Details SpecGuide to view the full range of laminate options.



07-0001656

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