Treadmill and Bike Workstations
“A University Wide Health Initiative”

NEAT (Non-Exercise Activity Thermogenesis) is a term used to designate activity separate from exercise, eating, and sleeping. Integrating opportunities to increase NEAT throughout UNM campus has effects beyond the direct, tangible impacts of increased health. Advancing opportunities to increase NEAT for students, staff, and faculty can have positive impacts on health, morale, awareness, cognition, and workplace productivity. Research currently shows that standing does not meet the minimum threshold to improve health profiles, walking or peddling as little as 1 mile/day improves cognition making consistent and prolonged movement an ideal medium for greater work efficiency. Providing treadmill and bike workstations within the office environment can positively impact NEAT, which improves both health profiles and work efficacy. The result is a healthier, more productive campus community that will have lasting benefits beyond the immediate health benefit.

Testimonials:

I was initially very much against that idea due to the possible distraction to the work flow in the office. I eventually tried it and loved it becoming its biggest supporter. Not only did it not cause any distractions as it is a quiet machine, I ended up using it the most! It was just the right pace for reading and using the PC added to its effectiveness. I appreciate the unit in our office for bringing the positive effects of physical activity to the workplace and to the to the attention of others.

~ Margie Chavez - Graduate Coordinator Dept. of HESS

I would like to offer my unwavered support for the treadmill workstation initiative. Providing the workstations in common areas for UNM is an opportunity to enhance the experience for students, faculty, and staff while at work. The non-bias approach to integrate activity in the workplace can enhance productivity, quality of life, and enhance everyone’s quality of life. Furthermore, a campus wide effort can spread the idea of health and activity which current programs have yet to reach. I have every confidence that every dollar put forth will have positive lifelong impacts for everyone at UNM.

~“Dr. “Cheo” Torres- VP Student Affairs

*Below is an article excerpt published in the UNM Adobe Medicus sharing the positive impact of treadmill workstation usage at the UNM Health Sciences Library.
Ten miles a day on a HSLIC walking treadmill, eight pounds lighter

New Year’s resolutions not getting you the results you wanted? Consider spending some time on HSLIC’s walking treadmills. They’re equipped with large desks that you can set your laptop, device, books, cell phone and other personal items on — a convenient way to exercise while you study.

Second-year medical student James Winters, shown at left, has been walking about 10 miles a day, five days a week, on the library’s treadmills since the spring semester started in January. He has spent several hours a day on one of the library’s two treadmills, and he plans to continue to do so at least until he completes his United States Medical Licensing Examination, Step 1, at the end of February.

“It helps me focus while I am doing my question banks and watching videos about diseases,” he says about walking while he studies.

An added benefit is that he lost eight pounds in about four weeks, just from his exercise on the HSLIC treadmill.

James plans to specialize in pathology when he graduates from the UNM School of Medicine in 2017.

References


CONTACT INFORMATION:

Tracey Briggs
Supervisor
Employee Wellness
trbriggs@unm.edu

Jim Todd
Director
Recreational Services
jtodd@unm.edu