

The Walkstation



A Steelcase Company

details

FitWork® | Walkstation

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.





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!

Not this.



There's a new movement afoot.

We call it the new movement in movement.

Today's approach to ergonomics is not about static postures and static thinking. It's all about movement throughout the day. The Walkstation enables workers to walk at a normal pace and accomplish virtually all of the tasks they would normally handle while sedentary.

Implausible?

Then ask about the many companies whose workers are already walking toward wellness.

"Putting products like the Walkstation into a work environment... number one it's fun for employees and I think it sends a message as a company when you're doing that kind of thing that you actually care about the well-being of your employees."

"I wasn't sure if I would be out of breath or whether it would impede my ability to interact on the phone, but it really doesn't. Going only two miles an hour it's not really fast enough to work up a sweat or to leave you breathless. So when I'm on a conference call I will always try to get on the Walkstation."

Greg Matthews, Director, Integrated Consumer Experience
Humana's Innovation Center, Humana, Inc., Louisville, KY

"We find our employees to be as productive or more productive using the Walkstations. They keep focused and the energy is great. We recorded our largest quarter in the history of our company when we started using the Walkstations."

Amy Langer, Co-founder/ Partner, Salo, LLC
NumberWorks, LLC, Oberon, LLC, Minneapolis, MN

"The alli™ team walks the talk when it comes to advocating increased physical activity as a component of sensible weight loss. Our Walkstation is a practical solution to the challenge of becoming more active in the office."

Bruce Daggy, Ph.D., Vice President, R&D for all
GlaxoSmithKline, Parsippany, NJ

"It makes me sharper mentally and more alert throughout the day."

Patrick Kennedy, Founder
Panoramic Interests, Berkeley, CA

"I have been on the machine daily for about nine weeks and feel great. I get in about two hours worth of exercise (a day) while on the job and find it's a wonderful way to get some daily activity without having to worry about it after work when I really have home duties to deal with."

Deb O'Neil, Customer Care Specialist
Denver Water, Denver, CO

"My colleagues know me and my lack of coordination, yet thought I could walk and work with the Walkstation. I've been using it for several weeks and believe it's one of the best products. It fits our culture of innovation and also complements the company's focus on employee health. I encourage other agency employees to use the Walkstation when I'm not in my office."

Marcie Brogan, CEO
Brogan & Partners Convergence Marketing, Birmingham, MI

"Some places you have to go outside, but this is a way you can actually be productive at work and get your body moving too."

Byron Joyner, Innovation Analyst, Humana's Innovation Center
Humana, Inc., Louisville, KY

"I love my job, and it's increased my job satisfaction. I feel better, I have more energy, I'm drinking more water, and I'm burning calories. It's just fantastic. And you can do anything. I can type, I can be on the phone, and I can read documents. At the end of the day I want to go home and have a glass of wine. I don't want to figure out how I'm going to fit in several hours of walking."

Terri Krivosha, Partner
Maslon Edelman Borman & Brand, LLP, Minneapolis, MN

"I have been in the health, wellness and ergonomics business for over a quarter of a century. Our initial studies with the Walkstation show that individuals who use it on a regular basis not only burned calories but also lowered their total cholesterol level and fasting blood sugars. In addition, their perceived stress levels declined and there was a greater feeling of well-being while at work. All this while doing productive work and not joining a gym or breaking a sweat. The office as we know it will no longer be sedentary."

Andy Wood
Director of Ergonomics and Corporate Services
Muve Inc., Minneapolis, MN





A healthy and safe set of features.



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.



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



Urethane High Profile Edge end to end. (Back and side edges are flat). Provides grip for balance; also serves as built-in palm rest.



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.



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."



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



2.0 mph max., quiet, high torque motor will withstand rigors of slow speeds for long periods of time. Speed adjusts in 0.1 mph increments.



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 2.0 mph in 0.1 mph increments without 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 Edge – grip for balance and built in palm rest
- ⑤ Magnetic safety clip
- ⑥ Quiet, high torque motor
- ⑦ Precision balanced with 360 lbs. dynamic load-bearing capacity
- ⑧ Treadmill receiver plate
- ⑨ Optional SlatRail or Slatwall to accommodate adjustable monitor arm and worktools
- ⑩ Optional Privacy Screen, Modesty Screen and Cableway



The Walkstation.

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

Did you know...

Movement improves brain function, mental abilities, gains in intelligence, performance speed, ease of learning, detail recollection, reduced levels of anxiety and depression.

"Brain Builders! A Lifelong Guide to Sharper Thinking, Better Memory, and an Age-Proof Mind," by Richard Leviton, 1995
Exercise to Process Information More Efficiently p. 253

Consistency is always more important than intensity, in terms of the way to exercise to improve a more serious metabolic problem.

"Mastering Leptin," by Byron J. Richards, CCN 2005
The Exercise Solution

The current public health guidelines emphasizing that people should exercise 30 minutes a day may be "undone" if the person spends the remaining 15.5 hours in sedentary time.

Marc T. Hamilton, PhD
"Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior"

Reducing and breaking up the time that adults spend in sedentary behaviors must be seen as a possible public health priority.

Marc T. Hamilton, PhD
"Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior"

Exercise also stimulates one of the brain's most powerful growth factors, BDNF (Brain Derived Neurotrophic Factor for new brain cells).

"Brain Rules," John Medina, 2008, Page 22

Adult obesity rates increased in 37 states in the past year. Rates rose for a second consecutive year in 24 states and for a third consecutive year in 19 states. No state saw a decrease.

Fifth annual "F as in Fat: How Obesity Policies are Failing in America, 2008 report" from the Trust for America's Health and the Robert Wood Johnson Foundation

Medical costs for obese employees are 77 percent higher than for healthy weight employees; obesity-related disabilities cost employers up to \$8,720 per claimant a year.

InsuranceNewsNet, April 2008

34% of DVT (Deep Vein Thrombosis) patients admitted to a hospital had been seated for long periods of time at work (far higher percentage than airline passengers).

Professor Richard Beasley, New Zealand Medical Research Institute, New Zealand Medical Journal, April 2007

	Recommended exercise	Sitting opportunities (potential chair time)							
7 AM >	Purposeful exercise >	Drive to work	Work on computer	Eat lunch	Work on computer	Drive home	Eat dinner	Watch TV/read >	11PM
	45 min	45 min	4 hours	45 min	4 hours	45 min	1 hour	4 hours	

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.



The Walkstation.
A healthy alternative to the water cooler.



Obligatory and important basic feature information.

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 (0.3 mph – 2.0 mph)
- Uses between 3 to 8 amps based on load
- Plugs into a 110 volt outlet
- Frame: powder coated welded steel
- Treadmill belt area: W18" x L53"
- Max weight capacity: 350 lbs.
- Patented Soft System® surface with Neoprene shock absorbers in front third of the deck
- Indicators on the belt to show movement and belt edge
- Without incline adjustability
- Narrow frame design; Treadmill dimensions: W23½" x D64" x H6"
- Meets ETL® requirements

Series 7 Height-Adjustable Worksurface

- Height adjustment on the treadmill key pad
- Worksurface proportioned for limited reach
- 24¼" – 52" electric height adjustability range; treadmill is located 6" off the floor
- 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 will not tip 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

Warranty

Table

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

Treadmill

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

Details has a full packet of **Thought Starters** that explore many more different ways to look at space.

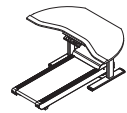
Order Adstock #08-0001043
or ask your Details representative or Steelcase Dealer for a complete collection of Thought Starters. Also available online at the Details website (details-worktools.com).



Style Numbers/Descriptions

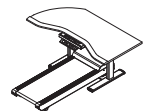
A7TG660606H

Overall footprint, including treadmill: W66 x D67
Overall worksurface dimensions: W66 x D32



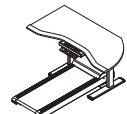
A7TG660632H

Overall footprint, including treadmill: W66 x D67
Overall worksurface dimensions: W66 x D32



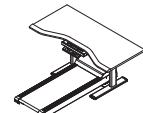
A7TG663206H

Overall footprint, including treadmill: W66 x D67
Overall worksurface dimensions: W66 x D32



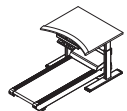
A7TR663232H

Overall footprint, including treadmill: W66 x D67
Overall worksurface dimensions: W66 x D32



A7TR383030H

Overall footprint, including treadmill: W38 x D67
Overall worksurface dimensions: W38 x D30

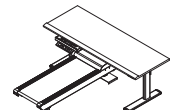


Sit-to-Walkstation

This sit-to-walk version provides an area where the worksurface 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
Overall worksurface dimension: W78 x D29



Worksurface finishes: Steelcase standard laminates. Urethane High Profile Edge is available in Black or Felt.

Treadmill finish: Black and Silverstone.

Base finishes: Black and Platinum.

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

Work. Make it a moving experience.™



**2008 Interior Design Best of Year Designer Choice
Innovation Award, Product Design**

Innovation Michigan Award
Business Review Western Michigan publication, July 2008

Start! Fit Friendly Company Gold Achievement Award
American Heart Association 2009



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For further information, please go to the Details website www.details-worktools.com or call 800.833.0411
Or visit store.steelcase.com.

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