



# INMOVEMENT TREADMILL DESK

## USER GUIDE



### OVERVIEW

The InMovement™ TreadMill Desk can help to improve your wellbeing while on the job. Too much sitting has health consequences including **weight gain, fatigue, reduced blood flow** and **body aches**. It is also linked with increased risk of serious disease. Walking while working burns 3X the calories as sitting, and is linked with increased cognitive ability.

### BEST PRACTICES



#### INCREASE YOUR DAILY STEP COUNT

You can add over 2,000 steps to your daily count by walking for an hour at a 1 MPH pace.



#### START SMALL

Scale up the time spent on the treadmill desk as you adjust to working while walking. Consider starting with 30 minute increments, and modify based on your comfort.



#### WEAR APPROPRIATE CLOTHING AND FOOTWEAR

Improve your comfort by wearing clothing and shoes appropriate for walking.



#### USE THE SAFETY CLIP

If you should lose your balance, the safety clip ensures that the treadmill belt will stop immediately.



#### WALK AT A COMFORTABLE PACE

Start at 1 MPH and adjust your speed up or down based on the pace that feels comfortable for you to walk and type.



#### FOCUS ON APPROPRIATE TASKS

Start with tasks like phone calls, reading and writing emails or conducting online research. As you become familiar with the new way to work, other work tasks will feel intuitive.



#### MAINTAIN PROPER ERGONOMICS

Adjust the desktop up or down to suit your height. Keep your elbows between a 90- and 120-degree angle.



#### SAFETY FEATURES

If settings are adjusted during the countdown, the desk will provide an error message. Begin walking first then adjust the settings as needed.