Regular physical activity is essential for good health.

Research shows it is also important to minimize the amount of time spent being sedentary:

The Trek Desk Mobile workstation enables people to be active while working or reading.

For information regarding TrekDesk contact: Jeanne Stewart, M.S at the NWRC: jws1@iastate.edu

**Things to Remember**

- Do not use the TrekDesk without signing the informed consent
- Remember to consult your physician before walking on the TrekDesk
- Always wear the safety cord when using the TrekDesk!

**Max weight of an individual for safe use of the treadmill is 350 lbs**

**Shoe Safety Information**

- Do not wear shoes with a heel while walking on the treadmill
- Wear a walking shoe or cross-trainer
- Make sure that you do not step on the treadmill with wet shoes!!