Evaluation of TrekDesks for Active Work

Dear Chair of Department/Dean/Office head,

We are conducting a research study through the Nutrition and Wellness Research Center (NWRC) to determine the feasibility of using the TrekDesk in a sedentary office work environment. The TrekDesk is a desk that fits almost any treadmill and allows you to walk while you work (See figure below).

We would like you to consider allowing us to place one of these TrekDesks in one of your office areas for use by office staff who typically carryout sedentary desk work. We will supply the TrekDesk and treadmill, and train your staff on how to use it and log their use. Only those staff members that sign the informed consent will be included in the study.

As part of the study, participants will only have to fill-out a short online survey before they begin use of the TrekDesk. They will be allowed use of the treadmill for one month as much or as little as they like, after which we will remove the TrekDesk and treadmill and re-locate it to another office around campus. The participants will be asked to fill-out another short survey about their thoughts on the TrekDesk.

Please feel free to ask us any questions you have and e-mail Jeanne Stewart jws1@iastate.edu, if you are interested in being one of the test sites for TrekDesk use. Also, we will work with EH&S to ensure that the TrekDesk is situated in an area that does not break with any building codes.

Thank you for your time.

Sincerely,

Greg Welk, PhD

Associate Professor, Kinesiology
Director, Clinical Research and Community Outreach, NWRC