

# **Stand in the Place Where You Walk**

**Glenn Fleishman**  
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# Why Do it?



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# LEX'S STORY



# GLENN'S STORY



**ERNESTO RAMIREZ**

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# CLINICAL RESEARCH

# The Setup



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**LEX'S DESK**



**GLENN'S DESK**





**TREADDESK TREADMILL**



**SHOES**

# Learning to Stand, Learning to Walk



Photo: ©Scott & Elaine van der Chijs, <http://flickr.com/photos/scottvanderchijs/2803435618/>

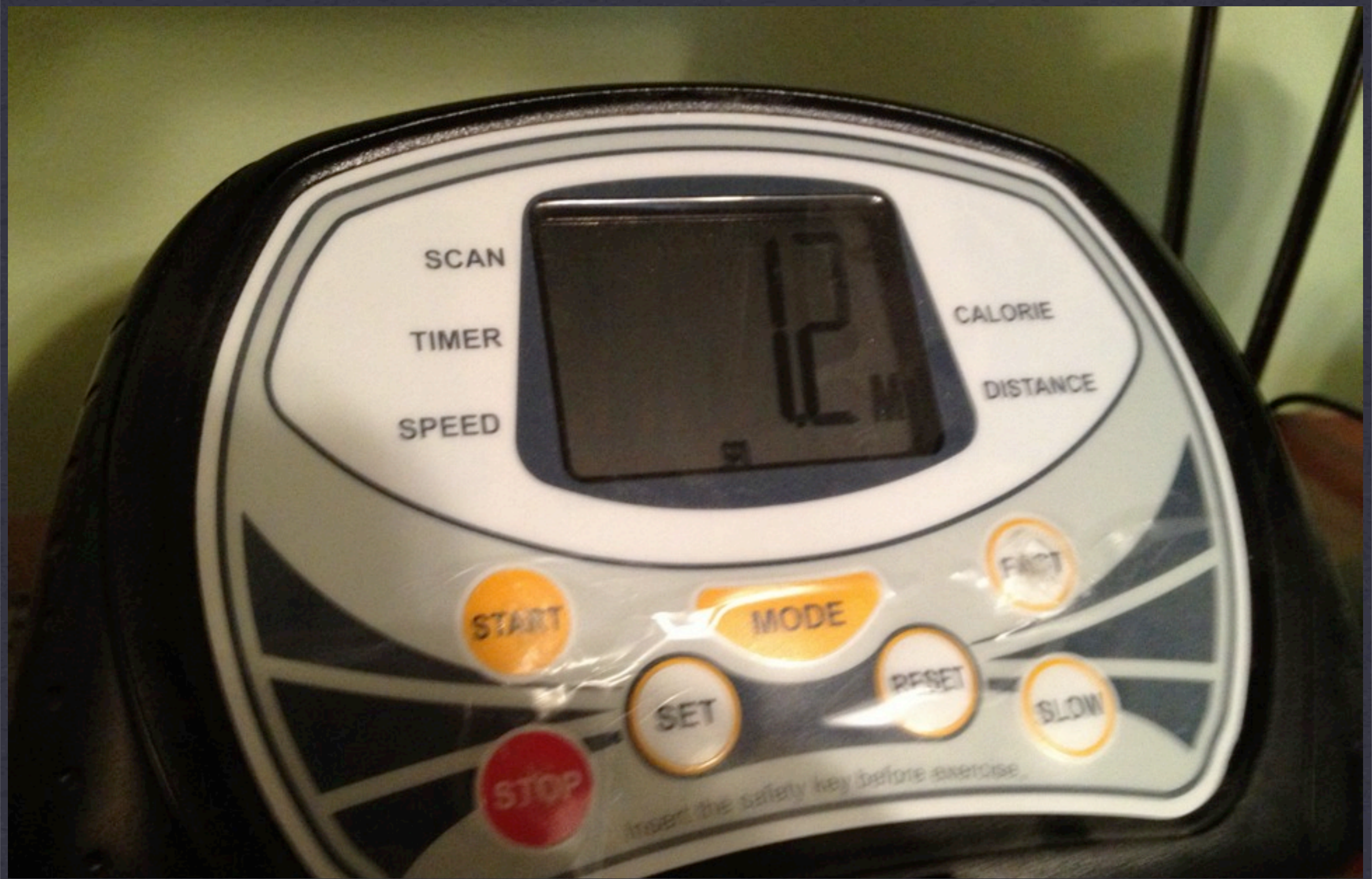


Clockwise from top left: Treadmill Side Desk Angle, ©cmcbrown (<http://www.flickr.com/photos/cmcbrown/3914928297/>); Day One With the Standing Desk, ©Justin Henry (<http://www.flickr.com/photos/zappowbang/5879246393/>); My Feet, ©Lex Friedman; Treadmill iPad Desk, ©Sara Thompson (<http://www.flickr.com/photos/epist/6616422721/>),



## MIX IT UP: STAND, SIT, WALK, STRETCH

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**SPEED MATTERS**



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# DIFFERENT STROKES

# References

- \* <https://www.macworld.com/article/156988/2011/01/treadmilldesk.html>
- \* <http://www.howtogeek.com/93822/sitting-is-killing-you-infographic/>
- \* <http://well.blogs.nytimes.com/2010/07/14/phys-ed-the-men-who-stare-at-screens/?emc=eta1>
- \* <http://opinionator.blogs.nytimes.com/2010/02/23/stand-up-while-you-read-this/>
- \* <http://www.ncbi.nlm.nih.gov/pubmed/7934758>
- \* <http://www.nytimes.com/2011/04/17/magazine/mag-17sitting-t.html>