



Laser Treatment Center

Tips, Advice & Information

More on treadmill desks

by Dr. Cooperrider

During my second hour on the treadmill today I was reading Business Week and there was an article entitled "Your Office Chair is Killing You." Here is the link:

http://www.businessweek.com/magazine/content/10_19/b4177071221162.htm

It was about the different options for office chairs including the treadmill desk that I have been talking about, but more broadly it was about the changes that happen in our bodies when we are sitting.

Several interesting studies were quoted. For instance, it has been shown that when standing we are using more energy and activating enzymes in many small muscles which decreases our LDL (bad cholesterol) and increases our HDL (good cholesterol), but that this reverses almost immediately when we sit down!

I had no idea that it could change that quickly!

Another study showed that obese people love their chairs more than lean folks, even after they lose weight, which makes it more difficult for them to keep it off.

It also said that walking a little to make up for sitting a lot doesn't work. I think that we need to just get used to the fact that we were made to stand and walk, not sit.

In addition, it noted that old folks who walk around have a 50% lower chance of dying than those who sit around.

And lastly, the lumbar support that the expensive office chairs brag about doesn't really put your spine in the "S" shape that it needs to be in, as it is when you are standing. Chairs in general, and my pet peeve, car seats, put your back into a "C" shape, which is not a good thing.

Also of note was that the least expensive model of the leading brand of office chair was \$700, and the treadmill desk can be bought ready-made for \$4,500!

The treadmill desk that I put together in a half hour in my living room cost at most about \$550, less than just the office chair alone, and if you have an old treadmill around it is essentially free-just move it to the living room and attach two shelves to it.

For more information, please contact us the Laser Treatment Center at 425-899-4144 or visit our website at www.kirklandlaser.com