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Treadmill Workstation — Anyone Using One?

Does anyone here have a workstation at a treadmill? Saw an article recently that has struck a nerve and I'd like to investigate this. The story suggests that having a workstation at a treadmill is a productive way to work. The story suggests that an adjustable vertical workstation easily accommodates reading, writing and thinking tasks while walking.

<http://tinyurl.com/2rukrrw>

The actual Steelcase product isn't out yet, and if someone has already has a set up it may be easier to just cobble a system together to see if it works. It would be really helpful if I could speak with someone who has already gone this route.

Roger Traversa

This reminds me of the product that Fielding Mellish tested in the Woody Allen film, "Bananas." One of my all-time favorites.

Scott I. Barer

Actually, vertical workstations are nothing new. One very famous proponent of the vertical desk was Winston Churchill. There are a number of pictures of him by his standing desk and I've often thought of getting one myself as I pace a lot when I'm on the phone.

Here is one manufacture who makes a living at offering them, <http://www.standupdesks.com/>, and I think IKEA offers several modular models. Hope this helps.

Lyza Sandgren, Paralegal

how do you get work done if every time you get on the treadmill you are grasping the rails and the sweat burns your eyeballs?

Justin Eisele

Writing on the treadmill might be a little challenging, but then how many lawyers write on trains and planes and Starbucks tables?

I have a Rube Goldbergesque arrangement for working on my laptop while I ride an exercise bike (the recumbent type), and I have been known to read transcripts on treadmills and Stairmasters, so it doesn't seem that weird.



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Wendy Lascher

I don't know... just looking at the guy in the picture, it doesn't look like he's doing any high-powered walking, there. Maybe you're just a little more ambitious than the "average" potential user.

M. Suzanne Van Wert

I have a stress ball, given out at the Indiana Solo and Small Firm Conference last month. It is in the shape of a heart - Theme was "The Heart & Soul of a Healthy Practice."

When I read some of the posts, I squeeze the stress ball. Does that count as a workout station? That and a walk to the coffee pot are the most workout I get on some days.

Ted A. Waggoner

I've had a standup desk for years. Great for reading when you are tired or when you want a quick meeting w/ someone & you don't want them to get too comfortable.

David Zachary Kaufman

I second the stand up desk recommendation. It is good for your health, your back, and keeps people from hanging around in your office.

Robert W. "Robby" Hughes, Jr.

I would never use a treadmill work station--that would be too close to the reality of practicing law.

J. Robert Thompson

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