

Are you getting enough Physical Activity during your Work day?



If you are over 18 years old and have a desk job, this study may be for you.

Study for adults with sedentary jobs

We are looking for adults 18 – 60 years old who have a desk job requiring them to sit for most of the day to examine the effectiveness of using a Cubii (seated elliptical) to increase physical activity during the workday.

Prolonged sitting (> 4 hours) is adversely associated with negative health outcomes including cardiovascular disease, hypertension, and impaired mental health.

Participants will be asked to participate in:

- 2 separate visits to the HSC for assessments
- 8 week exercise intervention (10 minutes, 3 times a day, at least 4 days per week)
- 1 follow up visit 2 months following the end of the exercise intervention

WVU School of Medicine, Exercise Physiology

Location

All assessments will take place in the Human Performance Laboratory on the ground floor of the WVU Health Science Center.

All exercise sessions will take place in your office or home office (if working remotely).

Are you Eligible?

- 18-60 years old
- Sedentary (exercise less than 150 minutes per week)
- Sedentary Desk Job
- No cardiovascular disease, musculoskeletal injuries, current pregnancy
- Willing to attend assessments and perform the 8 week exercise intervention

Interested in Participating?
Contact Lori Sherlock, Ed.D.
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