

Purchase DeskCycles which make it easy to get safe and effective exercise while working at your desk

CURRENT CHALLENGE:

The Hazards of Sitting for hours at a time. An article on "The Hazards of Sitting" in the Washington Post on January 20, 2014 outlined some of the problems with sitting all day which include:

1. Organ damage.
2. Muscle degeneration.
3. Leg disorders.
4. Foggy brain.
5. Strained neck.
6. Sore shoulders and back.
7. Bad back.
8. Inflexible spine.
9. Disk damage.

Please see URL for details: <https://www.washingtonpost.com/apps/g/page/national/the-health-hazards-of-sitting/750/>

PROPOSED SOLUTION:

Purchase DeskCycles which makes it easy to get safe and effective exercise while working at your desk. It's the only bike that was specifically designed for this purpose.

We reviewed several cycles that go under a desk. The one that I highly recommend is the Desk Cycle. This particular cycle has extremely high reviews and was featured on the Today Show on NBC. The Desk Cycle would obviously not help with the upper body issue but would certainly be a healthy start. (Desk Cycle - <http://www.deskcycle.com/>; Today Show 1.22 mark - <http://www.today.com/video/desk-pedaling-and-other-hot-health-trends-54514243812>)

Perhaps the Kinesiology Department would be interesting in securing a grant to cover the costs. If not, perhaps the university would consider contacting the manufacturer thus staff and faculty could purchase these at a significantly reduced rate.

BENEFITS TO FRESNO STATE:

"If you start exercising, your brain recognizes this as a moment of stress. As your heart pressure increases, the brain thinks you are either fighting the enemy or fleeing from it. To protect yourself and your brain from stress, you release a protein called BDNF (Brain-Derived Neurotrophic Factor). This BDNF has a protective and also reparative element to your memory neurons and acts as a reset switch. That's why we often feel so at ease and things are clear after exercising and eventually happy. By Leo Widrich."

At the same time, endorphins, another chemical to fight stress, is released in your brain.

Listed below are some benefits to exercise:

1. Sick leave significantly reduced.
2. Enhanced productivity.
3. Eases anxiety.
4. Increased energy.
5. Happier work environment.
6. Boosts confidence.
7. Fights insomnia.
8. Stress reduced.

ADDITIONAL INFORMATION:

This proposal is a collaborative effort between myself and Lisa Galvez (lgalvez@csufresno.edu) in the English Department.

LET'S BE AN EXAMPLE AND LET FRESNO STATE BE THE PILOT PROGRAM FOR OTHER CSU CAMPUSES!