Treadmill Desks - Do They Work & How Do You Create One

Over the last few years standing and treadmills desk have become very popular.  This is especially for true for people who work at home or work a lot of hours in a day.  People have started using them because it can be challenging to find time to  fit a workout session in during a busy work week. Plus after being stuck in the office for eight hours, the last anyone wants to do is go to the gym and workout.  When you’re tired and don’t want to go it is easy to skip the exercise you know you need or make excuses why you should get home.

This might seem like the ideal way to go, but here are a couple of things to think about.

1.Dress for exercise.  You don’t want to dress in jeans or any other type of uncomfortable clothing while you do this.  Otherwise you’ll be miserable.

2.Start slow.  While it is nice to get in 10 or more miles a day on the treadmill.  The reality is if you’re not used of this much exercise you’re going to be sore the next day and regret it.  You could start with an hour or two and then increase it regularly.  That should help you get your exercise, but not be so sore that you can’t move for a couple of days after you set up a treadmill desk.

**Treadmills Desk Will Get You Active**

A treadmill desk is a great way to get the exercise you need while working, but they are not cheap.  So if you’re not able to buy one you can make one that will work until you can.  They are an effective way to get in your weekly exercise.  So with a little creativity, you can save money and get the treadmill station you need to be healthy.

**What You Will Need**

Wood Shelf (One that would fit along the top part of your treadmill through the armrests)

4 Screw Eyes

Bungee Cord

Drill

**What You Need to Do**

1. Drill the sides of the board and screw in two screw eyes on each side of the wood shelf
2. Place the wood shelf atop your treadmill.
3. In order to secure the board, fasten the bungee cords from one screw eye to another through the underside of the wood shelf. Do the same for the other bungee cord.
4. Place your laptop or documents on top of the board and start walking!

Be aware that exercising like this is generally safe. However you will be multitasking and it is best to keep the speed of the treadmill low, so that you don’t fall off because you’re concentrating on your work.  Also make sure to wear appropriate clothing and take it slow when you first start.