



State of Oregon Legislature  
House Health Care Committee  
State Capitol Building  
900 Court Street NE  
Salem, Oregon 97301

Chair Greenlick and members of the Committee:

I am writing in support of House Bill 2767, which would establish a pilot project to study the health benefits of adjustable height desks and treadmills.

I am the owner of Portland-based Ergo Depot, one of the nation's leading ergonomic furniture retailers. Our business curates products that encourage movement and promote health, including adjustable height desks and chairs, treadmills and other products that promote movement while people are at their desks.

Sitting for long periods has proven negative health effects. Too much sitting has been implicated in health issues such as weight gain, diabetes and cardiovascular problems. Sitting for long periods can also make people sleepy, sluggish and less productive.

I personally use a treadmill desk and can attest that not only has my health improved, but my concentration, awareness and overall mood have benefitted as well.

I believe the future of work will include treadmills and adjustable height desks, and that they will improve people's health and help them feel and work better—all of which will make them more productive. I encourage the committee to fund this pilot project, which will provide valuable data about how state workers can improve productivity through a small investment in how they work.

Sincerely,

David Kahl, Founder and CEO  
Ergo Depot