

REVENUE: No revenue impact

FISCAL: Fiscal statement issued

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<b>Action:</b>	Do Pass and Be Referred to the Committee on Ways and Means
<b>Vote:</b>	8 - 0 - 1
<b>Yeas:</b>	Clem, Harker, Kennemer, Keny-Guyer, Lively, Thompson, Weidner, Greenlick
<b>Nays:</b>	0
<b>Exc.:</b>	Conger
<b>Prepared By:</b>	Tyler Larson, Administrator
<b>Meeting Dates:</b>	3/22, 4/10

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**WHAT THE MEASURE DOES:** Requires Public Employees' Benefit Board conduct two year pilot project on at least ten public employees' health when utilizing walking workstations. Appropriates moneys from General Fund for purpose of conducting study.

**ISSUES DISCUSSED:**

- Costs and benefits of walking workstations
- Dangers of sedentary work conditions
- Personal stories of walking workstations and health benefits

**EFFECT OF COMMITTEE AMENDMENT:** No amendment.

**BACKGROUND:** In 2007, the *British Journal of Sports Medicine*, published a study on the use of walking workstations by sedentary office workers. The study monitored workers in their forties with an average BMI of 32 (obese). Measurements were taken of the participants' energy expenditure while at rest and then while utilizing the walking workstation. The participants more than doubled their caloric output while walking an average speed of 1.1 miles per hour. The researchers concluded that, all other factors remaining constant, an obese individual could lose over 40 pounds in a year using a walking workstation.

House Bill 2767 requires the Public Employees' Benefit Board to conduct a pilot project to study the health of least ten public employees over two years when utilizing walking workstations.

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*This summary has not been adopted or officially endorsed by action of the committee.*