

Mayo Clinic Medical Edge

Treadmill at Work

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	DR. JEFF FIDLER SPENDS HIS DAY LOOKING AT PICTURES. NOT PICCASOS AND VAN GOGHS... MORE LIKE...
Jeff Fidler, M.D.	"A CT SCAN OF THE CHEST AND ABDOMEN."
	DR. FIDLER IS A DIAGNOSTIC RADIOLOGIST AT MAYO CLINIC. STARING AT A COMPUTER MONITOR ALL DAY CAN WEAR YOU OUT. SO HE TEAMED UP WITH A COLLEAGUE TO STUDY WHETHER OR NOT WALKING SLOWLY ON A TREADMILL WHILE WORKING IS PRACTICAL.

Dr. Fidler	“YOU FEEL MUCH MORE ALERT, MUCH MORE AWAKE THAN YOU WOULD IF YOU WERE SITTING IN A DARK ROOM IN A CHAIR FOR THE SAME AMOUNT OF TIME.”
	DR. FIDLER ALSO SAYS HE’S LOST WEIGHT. OF COURSE NOT EVERY OFFICE CAN ACCOMMODATE A TREADMILL. IN THAT CASE, SIMPLE CHANGES SUCH AS STANDING AT YOUR DESK INSTEAD OF SITTING CAN INCREASE THE CALORIES YOU BURN AND EVEN INCREASE YOUR ENERGY LEVEL. THE IDEA IS TO MOVE MORE AT WORK TO IMPROVE YOUR HEALTH.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.