UNIVERSITY OF MEMPHIS
RESEARCH STUDY
TO DETERMINE THE ENERGY COST OF USING A STANDING DESK AS COMPARED TO A TRADITIONAL DESK AND CHAIR

Who: Healthy, men and women 18-65 years
Normal weight (body mass index <25kg/m²) OR Obese (body mass index ≥30kg/m²)

Where: Cardiorespiratory/Metabolic Lab (Fieldhouse Room 161)

What: One 30 minute screening lab visit
One 2.5 hour testing lab visit

When: Contact Nick Smith at njsmith3@memphis.edu or 901-678-1547 or come by Fieldhouse 161 to inquire

Benefits: Learn of your energy cost using a standing vs. seated desk

Compensation: $25 for your full participation