



MOVING FORWARD

Motion Is Seen As a Symbol of Progress
As LifeSpan Unveils Brand New Products.



Salt Lake City, UT —February 22, 2016

For half a decade, LifeSpan has been endorsing treadmill and bike desks as a gateway to total-body wellness.

Far from just preventing the dreaded “sitting disease”, their workstations have been said to improve energy levels, benefit heart health and blood values, and reduce back and joint pain, among other physical advantages. Heightened cognition, enhanced creativity, and increased recall also make their short list of mental attributes inherent to active-work environments.

The research has agreed with their claims. Multiple studies over the last five years have paralleled immediate and long-term benefits with gentle activity during work. *Health Services Management Research* published in 2011 that people who use treadmill desks are slimmer, less stressed, and have lower blood pressure and cholesterol levels than those who don't. Regarding workplace productivity, researchers from the University of Montreal recently found treadmill desks to be beneficial for business through enhanced workforce performance.

“Our Workplace line has always been exceptionally relevant to health and productivity,” says Peter Schenk, LifeSpan’s president. “But our aim is to never be satisfied. We’re always seeking to make our products more accessible, easy to implement, and personally engaging with our users.”

It’s for that reason that the company is announcing its first-ever fully refreshed line of under-desk treadmills, height-adjustable desks, and tech-savvy consoles.

“No one was better equipped to provide valuable insight into how we can improve than our customers,” Schenk says. “Our new releases blend real user feedback with industry foresight to make the very best treadmill desks available.” He is specifically referring to the product’s complete aesthetic overhaul, dimensional alterations, and functional modifications.

Heeding the call for sleek, minimalistic designs, the treadmills and their associated consoles have been modernized with wholly new aesthetics. At the direct request of their customers, the company reduced the product’s overall dimensions for easy placement into smaller working areas. They also revisited certain mechanical components to further limit audible presence, making the workstations even more suited for professional atmospheres. And technologically speaking, inclusions surpassed the simple addition of fresh functionality.

(continued)



*"Our users have long
been devoted to
wellness as a lifestyle."*



"Of course we wanted to add features for convenience, which we did," Schenk says, referring to new speed presets, superior console readouts, and customizable settings. "But our users have long been devoted to wellness as a lifestyle. Connectivity is where we've made one of the biggest improvements. Strides taken while working can now be included in each user's existing digital health ecosystem via Apple Health and Google Fit integrations."

The new releases are now available to consumers and businesses.

"This represents a substantial leap forward for our company," Schenk says.

"But the truly meaningful steps are still the ones that are literal."



About LifeSpan:

LifeSpan is dedicated to benefiting the way people work, exercise, and live in sustainable, healthy ways. Our quality products and progressive vision have inspired fitness and wellness as a sustainable way of everyday life for years. By specializing in products created uniquely for the home, gym, workplace, and everywhere in between, LifeSpan is helping to empower individuals to find better health, regardless of the setting.

*Media Contact: James Lowe,
Communications Manager*

*Jlowe@LifeSpanFitness.com
(801) 973-9993 x 121*