

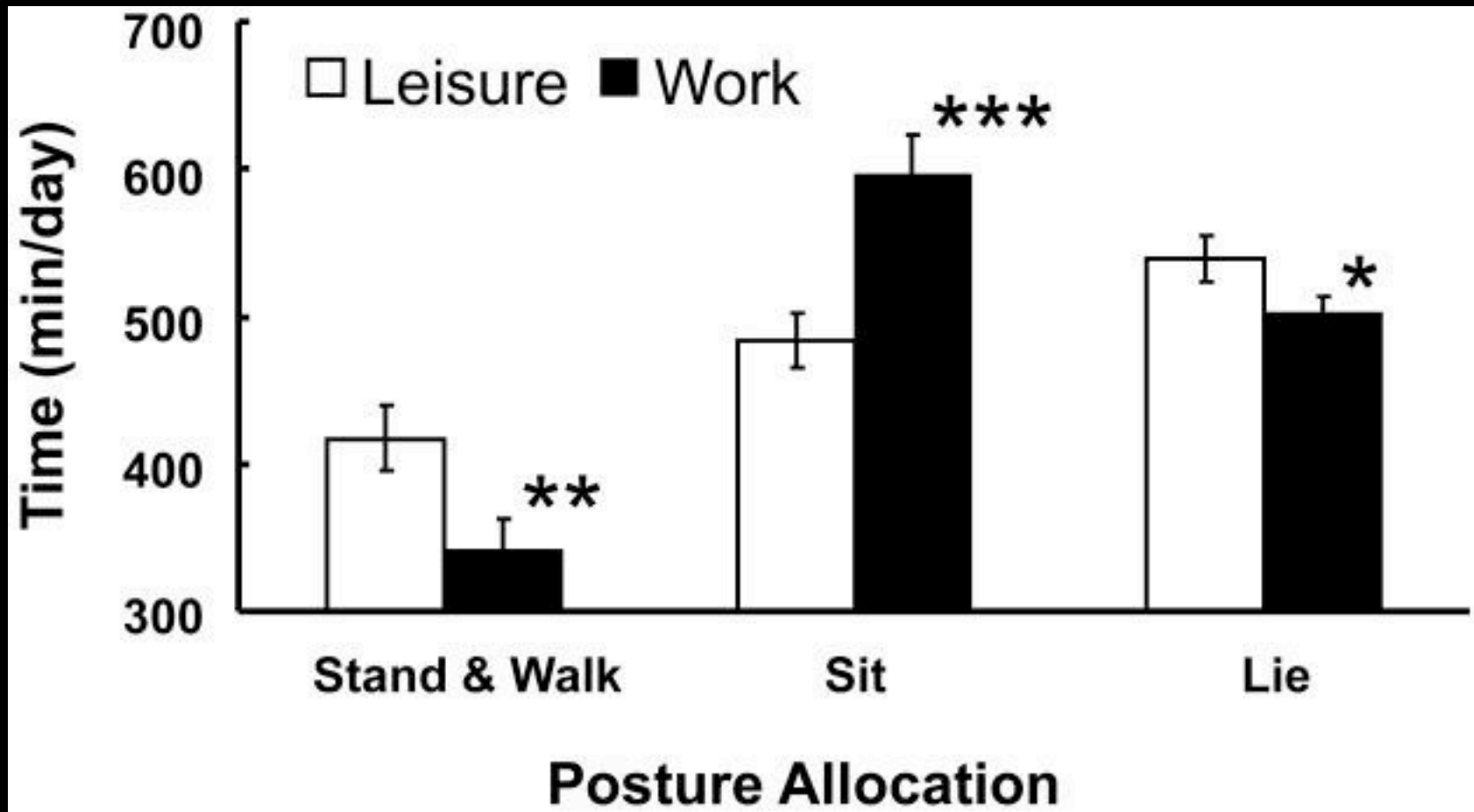
A person is walking on a treadmill that is positioned under a desk. The person's legs and feet are visible, wearing blue jeans and sneakers. The treadmill is a black and grey model with a control panel on the right side. The desk is a light-colored wooden surface. The background shows a blue wall and a brown carpet.

# Walk and Code

*Non-Exercise Activity Thermogenesis*

Doug Bradbury  
@dougbradbury  
8th Light, Inc.

# Daily Posture Allocation



Sedentariness at work; how much do we really sit? SK McCrady and JA Levine.  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC2783690/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2783690/)

# Posture Allocation and Obesity

Obese individuals were seated, on average, 2 hours longer per day than lean individuals



Interindividual variation in posture allocation: possible role in human obesity. Levine, JA et. al. <http://www.ncbi.nlm.nih.gov/pubmed/15681386>.

# Sitting: Total Mortality

- Compared mortality rates in people who sit less than 3 hours per day vs more than 6 hours
- 53,440 men and 69,776 women
- 14 year study
- Adjusted for smoking, body mass index, and other factors

Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults.  
Alpa V. Patel et al. American Journal of Epidemiology July 2010. <http://aje.oxfordjournals.org/cgi/content/abstract/kwq155>



# Sitting: Total Mortality

Increased chance of death for those sitting more than 6 hours per day (regardless of physical activity):

Women: 37%

Men: 17%

Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults.  
Alpa V. Patel et al. American Journal of Epidemiology July 2010. <http://aje.oxfordjournals.org/cgi/content/abstract/kwq155>



# Sitting: Total Mortality

Increased chance of death when sitting and not exercising

Women: 95%

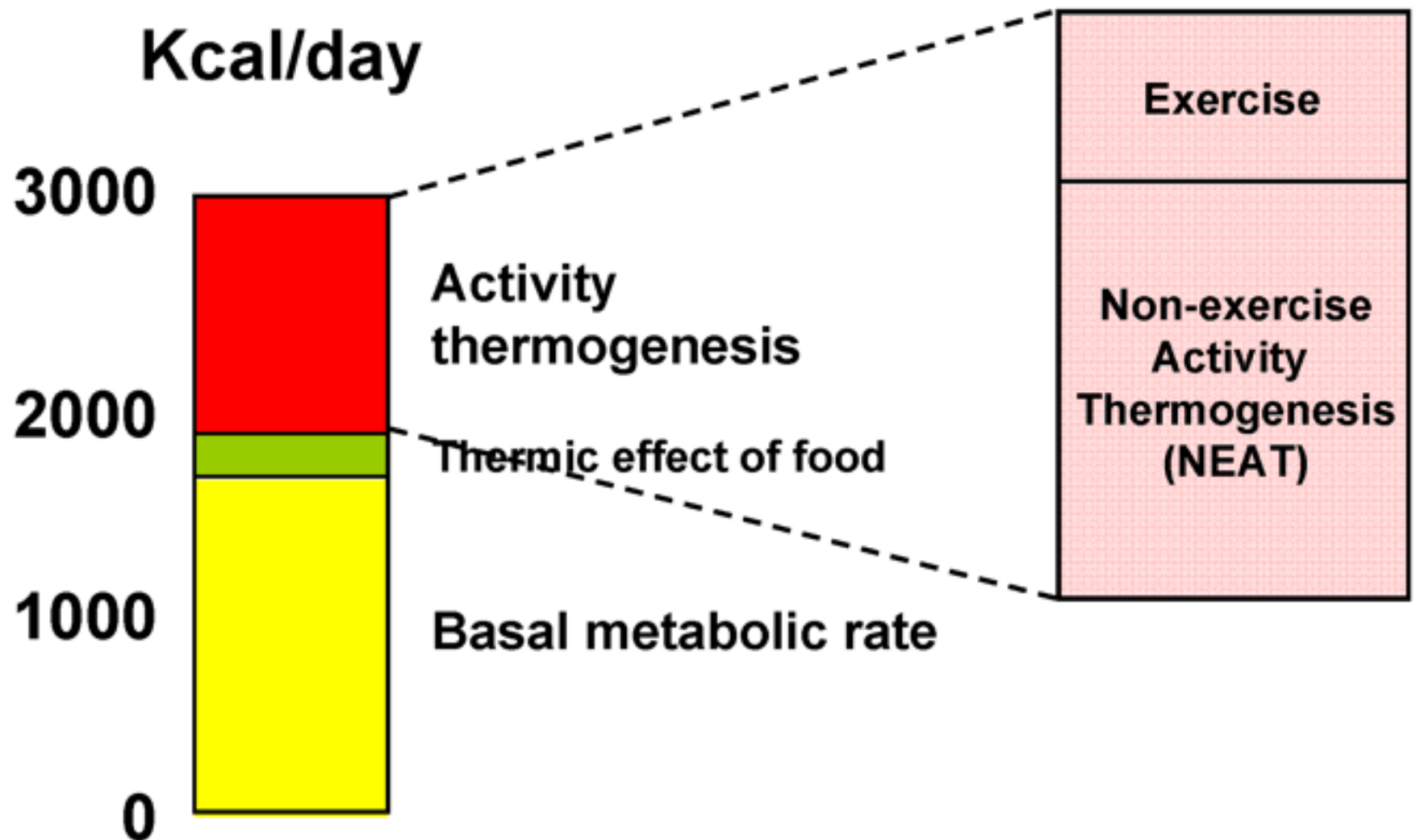
Men: 48%

Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults.  
Alpa V. Patel et al. American Journal of Epidemiology July 2010. <http://aje.oxfordjournals.org/cgi/content/abstract/kwq155>









Courtesy of JA Levine

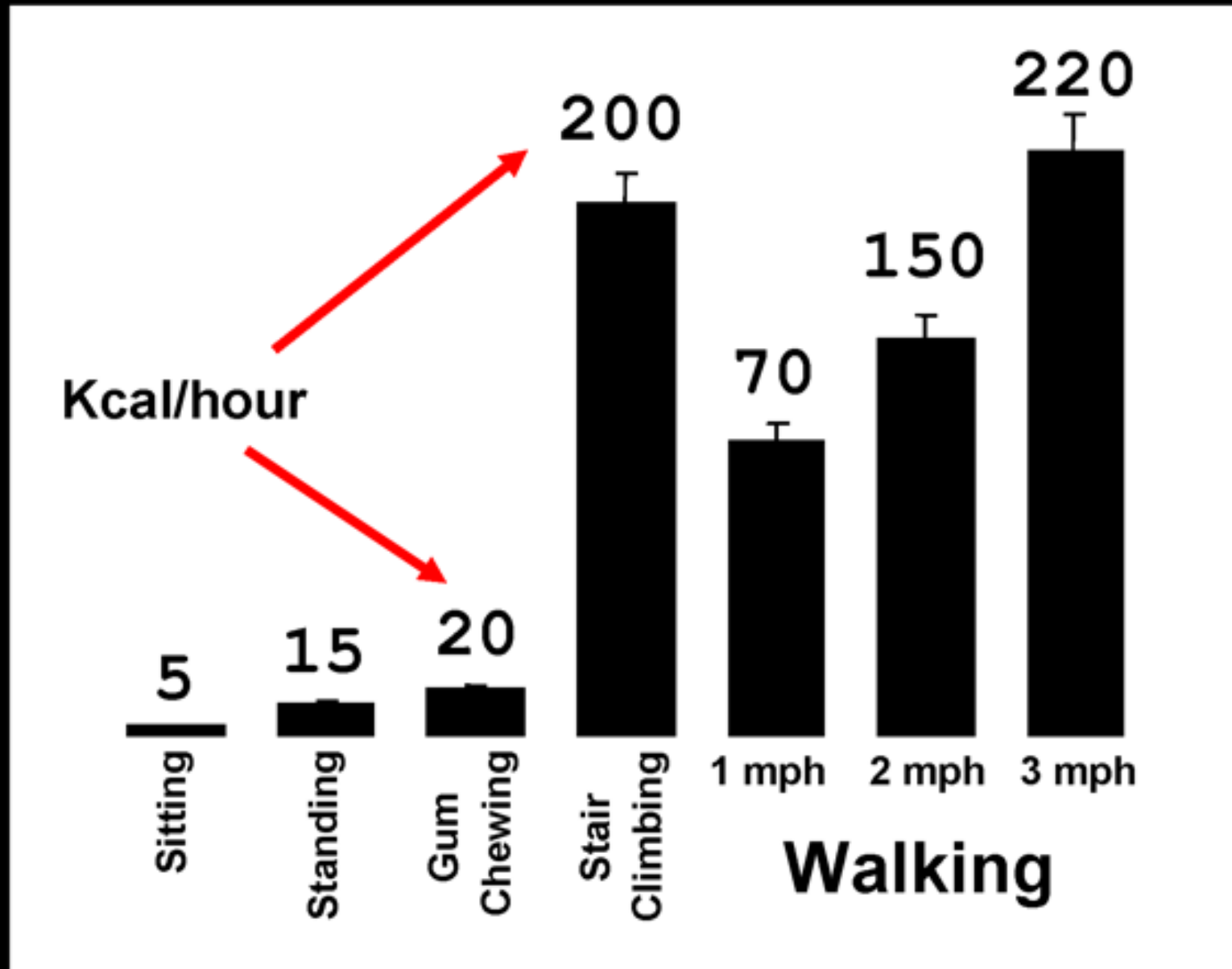


| Occupation-type                               | NEAT<br>(kcal/day) |
|---|--------------------|
| Chair-bound                                   | 300                |
| Seated work: no option of moving              | 700                |
| Seated work: discretion & requirement to move | 1000               |
| Standing work; e.g. homemaker, shop assistant | 1400               |
| Strenuous work; e.g. agriculture              | 2300               |

Data assuming BMR = 1600 kcal/day

Black, *Eur J Clin Nutr* 50:72

Courtesy of JA Levine



Courtesy of JA Levine

# Walk and Work Study



Courtesy of JA Levine



Tuesday, August 10, 2010



Tuesday, August 10, 2010





For more on the build:  
[blog.8thlight.com/doug](http://blog.8thlight.com/doug)

# WalkCoder.com

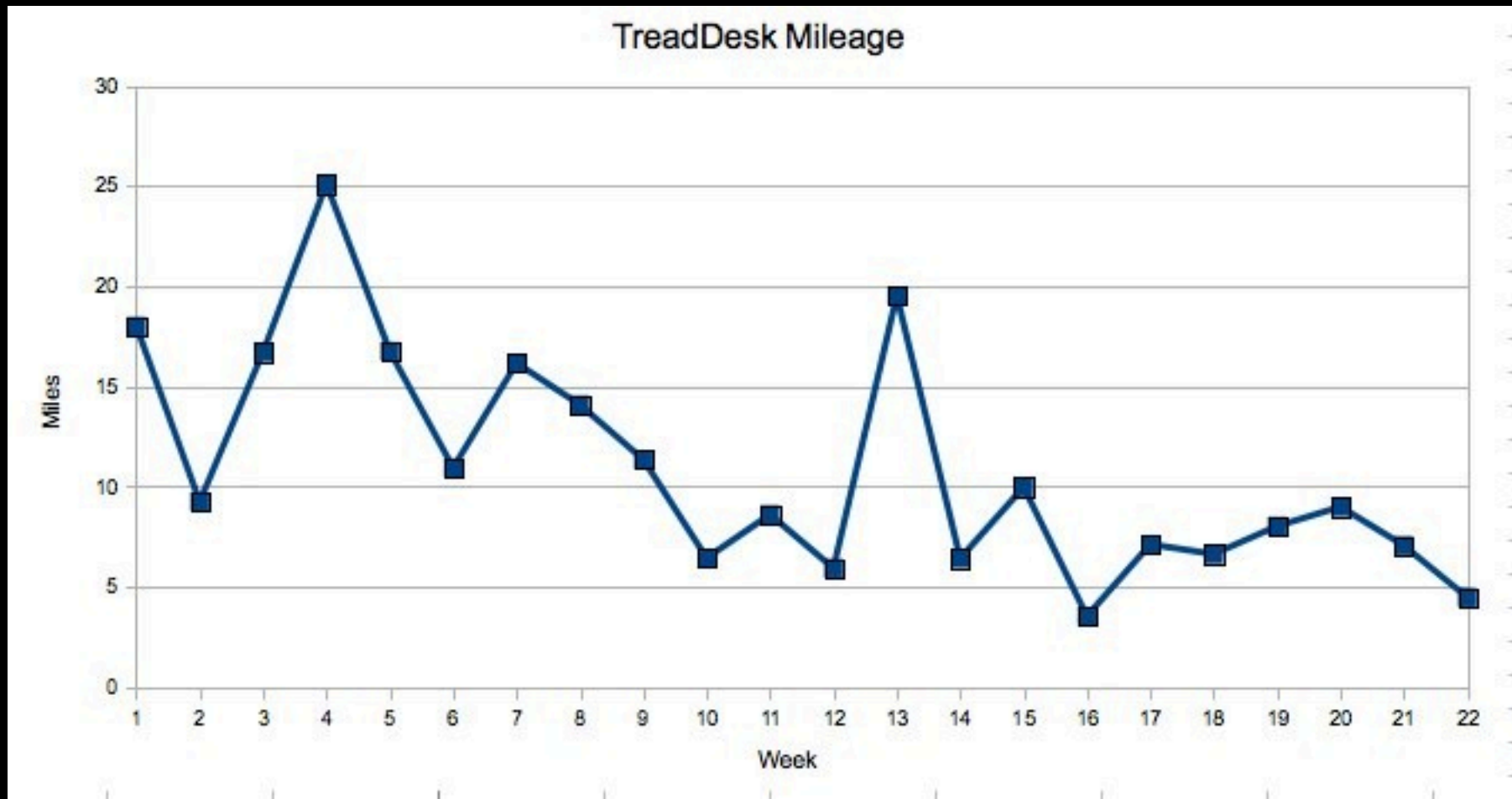




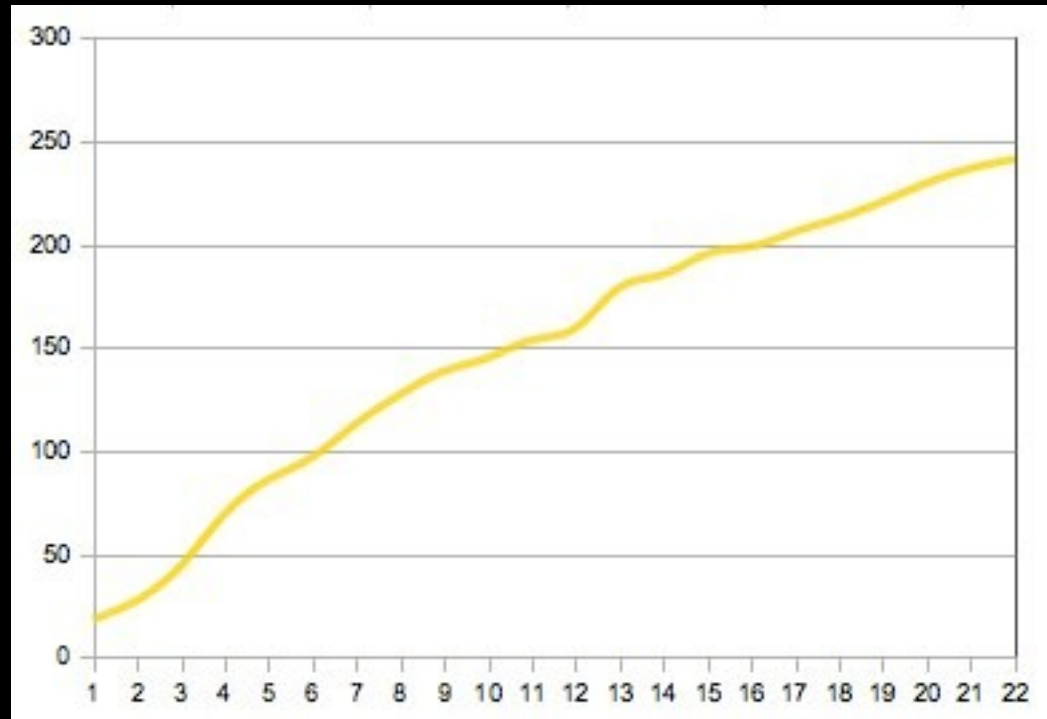


Tuesday, August 10, 2010

# Results



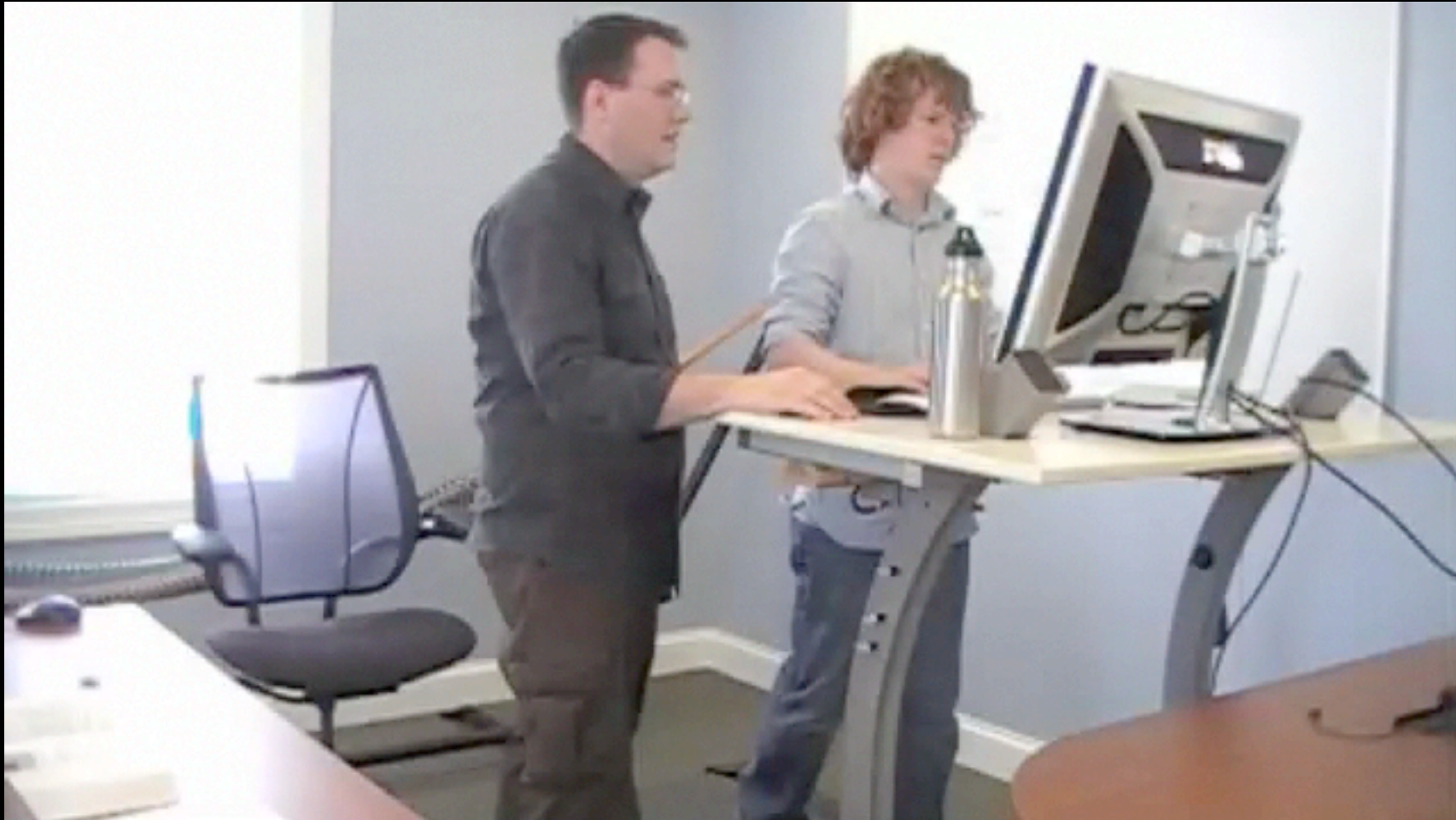
# Accumulated Mileage



- Total for 22 weeks: 241.06 miles
- Average 10.96 miles / week



# Pairing







# Shoes





Articles Feed

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## No really, we do that?

by: eric | June 5th, 2007 |

I'm a bit overdue on blogging, so in lieu of the normally brilliant and insightful commentary on the state of...er something... I usually put here I thought I'd share something that we at 8th Light have started doing.

Push-ups.

Every hour. Yes I realize it's nuts, but look at a typical day for me. Wake up too late. Rush to get ready. Get distracted by something on the computer (today it was RubyCocoa). Realize that I won't make it to the gym in time to lift weights. Work too late. Come home, eat, maybe help my future step-children with their homework. Suddenly it's 10, and I haven't worked out.

Aha - but I did 150 push-ups today. I think - I don't actually count. Here's how the *8th Light Fitness Plan* (published Spring 2008) works. Every hour, on the hour, do push-ups. We started at 10 every hour and that was pretty hard once upon a time, now we're up to 25. Well most of us. Today I saw two of the guys in another part of the building doing them, and I figure that if it caught on amongst 8th Light it can catch on elsewhere. After all we're not that weird. Are we?



### 3 Responses to "No really, we do that?"

1. [Dave Hoover](#) Says:  
[October 18th, 2008 at 06:32 PM](#) Yes, you are that weird. But that's a good thing! I think you've inspired us to start doing hourly jumping jacks down the road at Obtiva.
2. [Eric](#) Says:  
[October 18th, 2008 at 06:32 PM](#) Hmm... jumping jacks...does that look weirder push-ups. I'm honestly not sure, but I'm smiling :).
3. [Micah](#) Says:  
[October 18th, 2008 at 06:32 PM](#) So now you all know better than to mess with a fellow wearing the 8th Light logo. He may be a geek, but he's got some serious guns under that shirt. Watch out!





Tuesday, August 10, 2010



Richard Rybolt

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## NO CHAIRS MAKE FOR SHORT MEETINGS

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Courtesy of JA Levine





# Software CRAFTSMANSHIP north america

<http://scna.softwarecraftsmanship.org>

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*Unclebob, Corey Haines, Dave Astels, Ken Auer,  
Chad Fowler, Keavy McMinn, Michael Norton, Doug  
Bradbury, Enrique Comba Riepenhausen, and  
more...*



**CHICAGO, IL**  
**October 15-16, 2010**

*Hosted by  
8th Light, Inc  
and  
Obtiva*