

# Walk It Off: Assessing Use of WalkStations in the Library

UC San Diego

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## INTRODUCTION

Frequent user requests for 'active seating' and related equipment prompted purchase of 2 WalkStations in October 2014 using the Library's Innovation Funds, intended to support unique or creative one-time projects. The WalkStations were positioned in the heavily-used East Commons (which is also the Library's 24-hour study space).

## VALUE

- Studies show even moderate exercise can result in improved alertness, focus, heart-rate, concentration, creativity, and attention.
- WalkStation use can break up long hours of student studying and help combat health risks associated with sedentary behavior.

Keep up your metabolism during study, reading, or computer work with the Library's new WalkStations.

- Available on a first come, first served basis.
- Located in Geisel's East Commons (2nd Floor).



## WalkStations

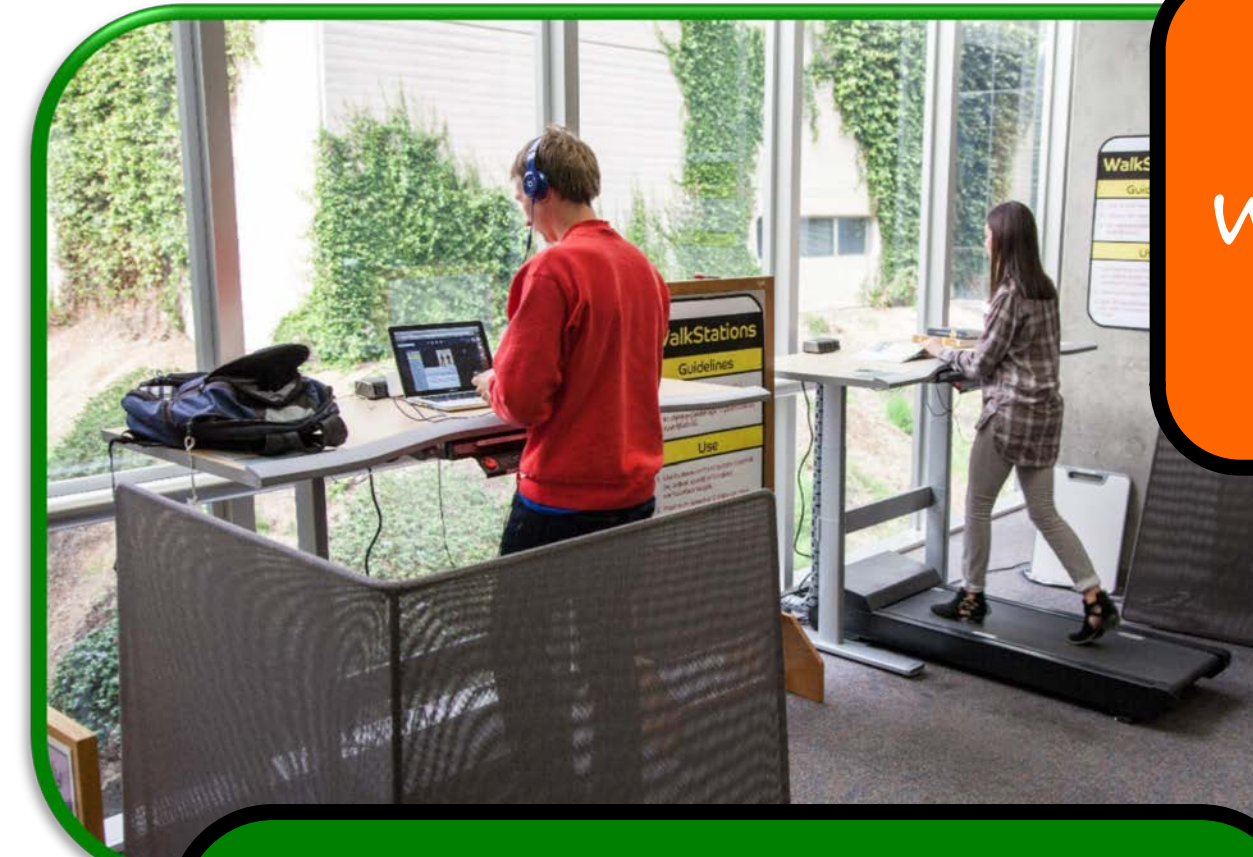
Study at your own pace!

Sick of sitting to study? Keep your heart rate up while reading or working at one of our new WalkStations.

## EQUIPMENT DETAILS

- Adjustable-height worksurface.
- Adjustable speed up to 2 miles per hour.
- Surface-level outlets, but no computers.
- Safety clip, in case of a fall.
- Mobile, mesh screens available for privacy.
- From Steelcase's FitWork category.
- Cost of roughly \$9,000 for 2 machines.
- Require regular maintenance twice yearly.

"This is really helpful. Extremely. It helps with my grades. Please add more around the library."



"It actually works when you're mentally drained! ☺."

"Put one inside a study room."



"It would be nice if there were more & they were closer together."

"A cup of coffee, finals week, a lab deadline → awesome stay-awake device!"

"More walking stations...then we won't have to wait so long for them."



"Add more. I LOVE them ☺."

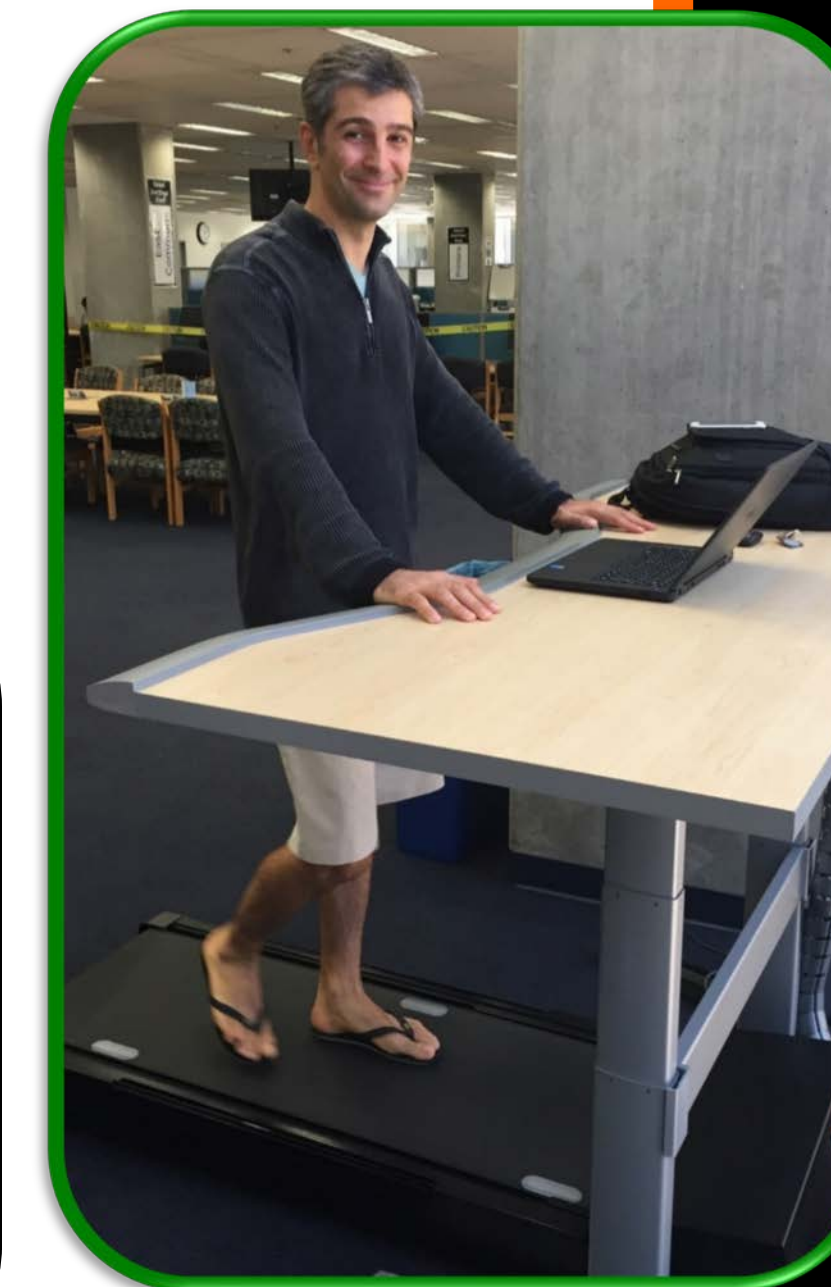
"Best thing to happen at Geisel."

"Coolest thing I've ever seen."



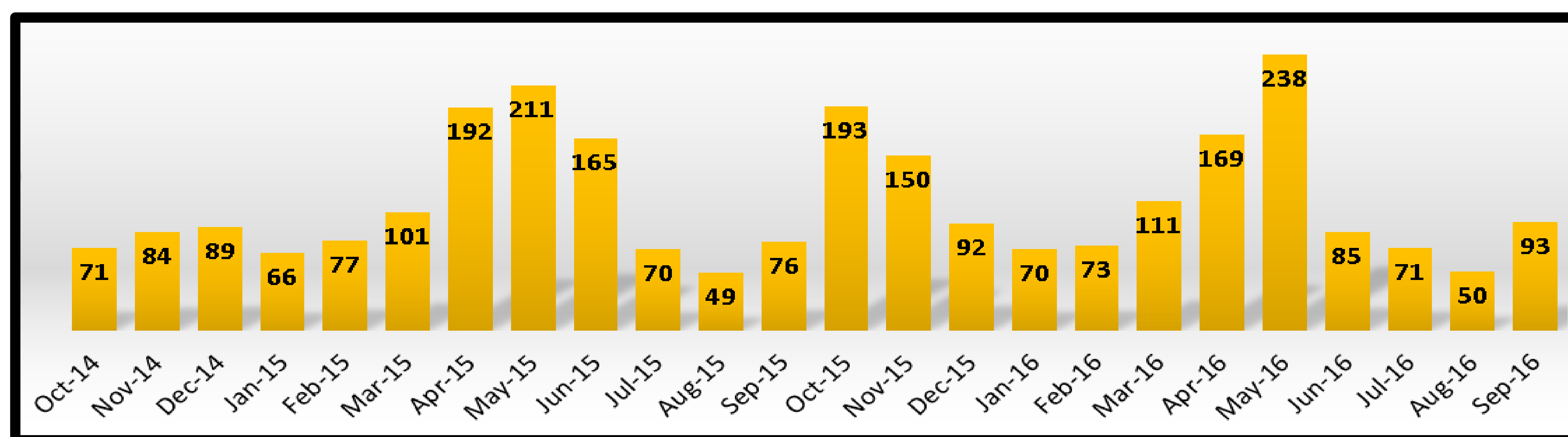
"I can study. I can walk. Or I can study and walk (!!)"

"I was actually just reading how physical activity facilitates enhancement of axon and dendrite growth - thus improving learning & memory."



"Add cup holders, and a fan."

## RECORDED WALKSTATION USAGE



Statistics recorded by nearby desk staff from 10am to 10pm, though equipment is available for use 24 hours daily. Heaviest use in middle of term. Partial closures of space in January, August, and December.

## MICRO-ASSESSMENTS

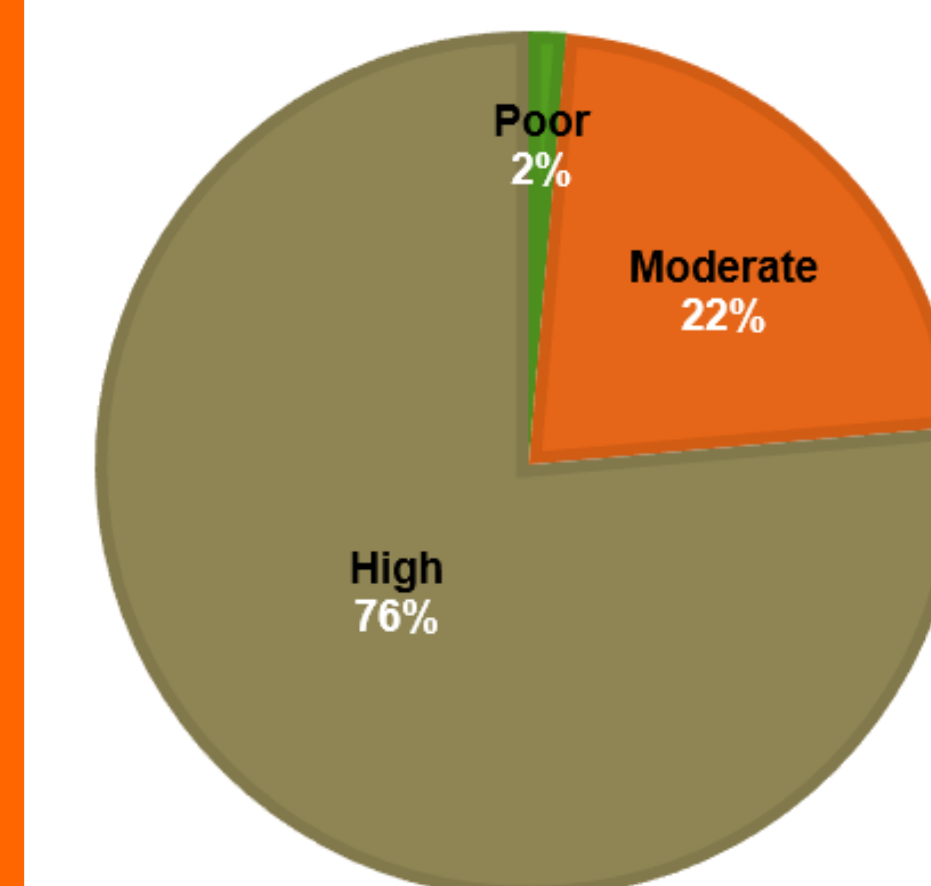
### FEEDBACK @ INSTALLATION

- Comment posters placed near WalkStations in Fall 2014.
- 98 responses; overwhelmingly positive.
- Offered ideas for enhancing the service.
- Allowed Library to respond to user suggestions and questions.

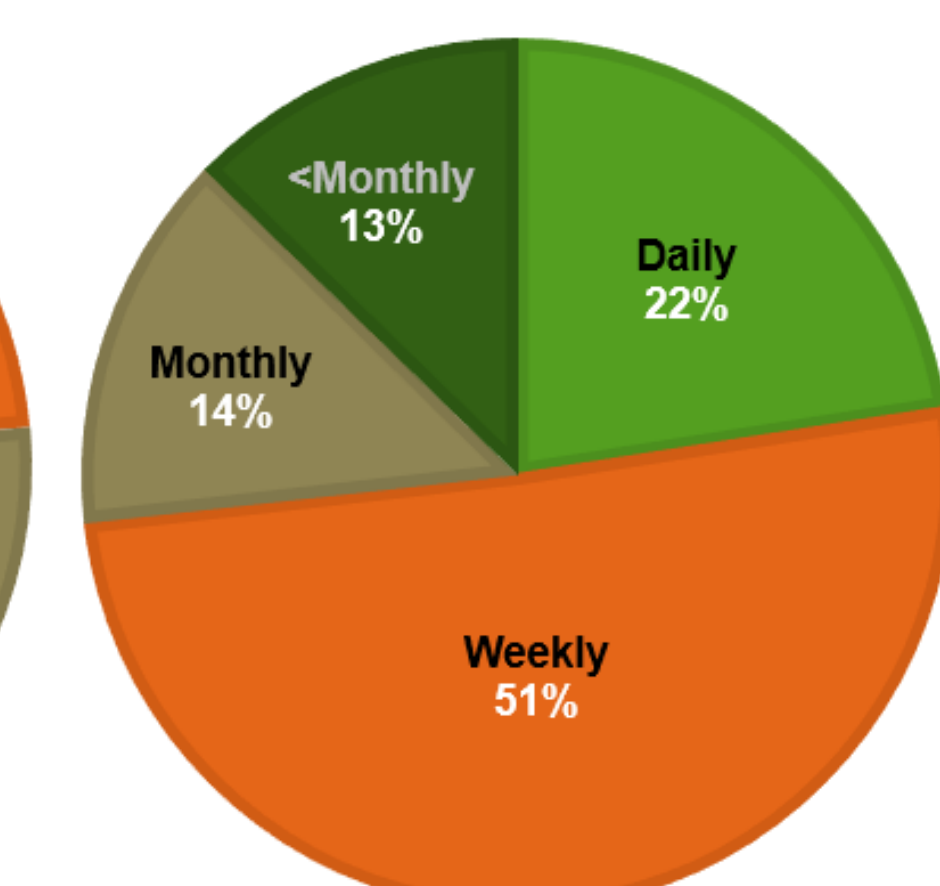
### FEEDBACK @ ONE YEAR

- Brief survey cards placed near WalkStations in Fall 2015.
- 72 responses; overwhelmingly positive.
- Offered drawing for \$20 campus gift card.
- Questions on user satisfaction with equipment & location, frequency of use, length of sessions, and wait times.

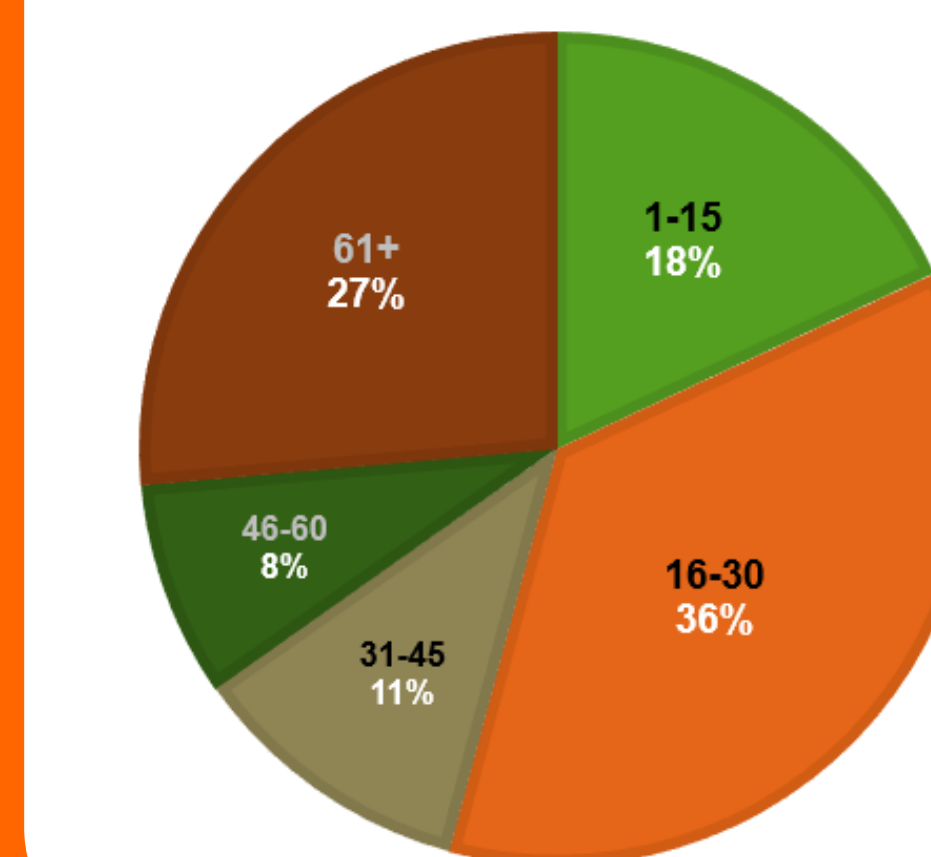
### SATISFACTION



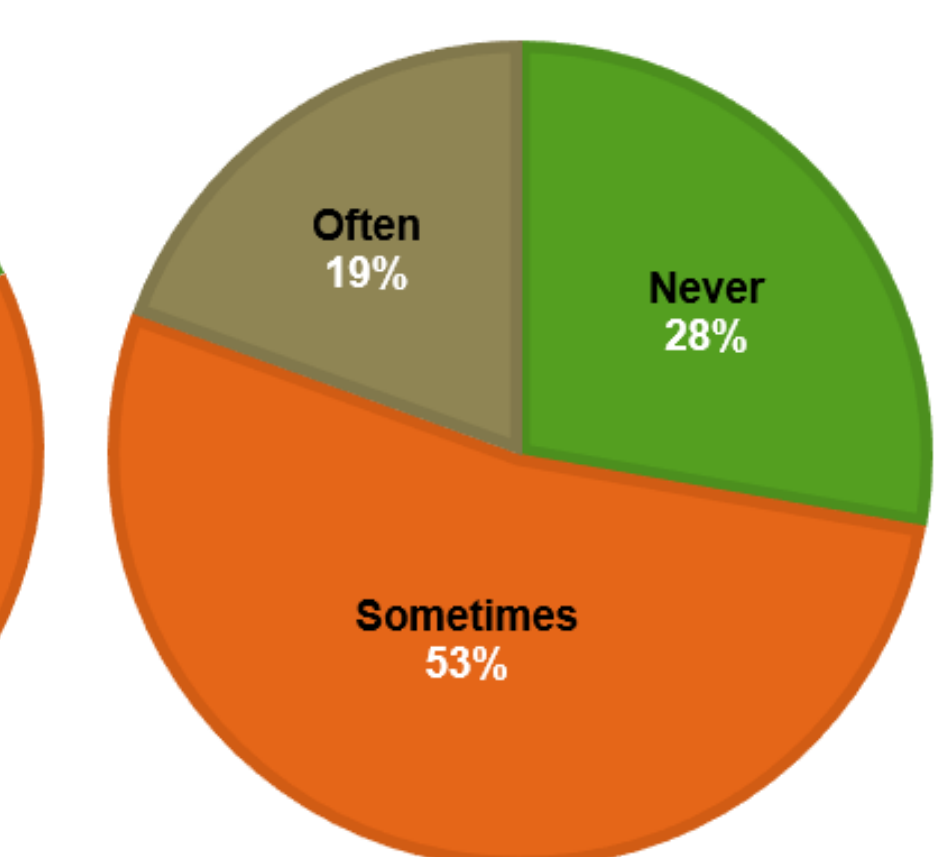
### FREQUENCY OF USE



### MINUTES OF TYPICAL SESSION



### WAIT LIKELIHOOD



## NEXT STEPS

- Purchase up to 4 more WalkStations.
- Position new ones in 2<sup>nd</sup> area of Library.
- Consider adding computer to one.
- Consider reservations via online system.
- Continue to promote and assess use.