



Pennington Biomedical Research Center (PBRC) researchers Dr. Catrine Tudor-Locke and Dr. Corby Martin had an intriguing question and an idea for a collaborative study:

Could low-intensity exercise conducted during work hours provide significant health benefit?

Vinformatix built custom-integrated hardware using stationary bike, that allowed users to pedal at a low RPM while conducting normal daily desk work.



The innovations listed below to enabled this ongoing study:

- **Collection of test subjects physical output via the custom-designed hardware**
- **Measurement and analysis of algorithms designed specifically for this project**
- **Digital dashboards to provide real-time results and innovative presentations of user goals and accomplishments**
- **Back-end access to the accumulated database, to chart subjects' progress and export results in numerous ways**

The Pennington team used the Pedal Desk to complete the initial study, with convincing results. Key members from Pennington and Vinformatix [co-authored a scientific paper about the study](#), which was published in the US National Library of Medicine in February 2016. Pennington secured additional grants for further development and came back to Vinformatix for a second round of the project, during which we made improvements and added features to the software to make it easier for clinicians to get more information about participants and their activity.

