

Lose Pounds, Gain Knowledge: Exercise Equipment Now at Galter

Practice #NorthwesternWellness at Galter Health Sciences Library



As part of Feinberg School of Medicine's #NorthwesternWellness initiative, the Augusta Webster Office of Medical Education and Galter Library are partnering to put the "health" into "health sciences library." Thanks to a philanthropic gift from a Feinberg School of Medicine alum who is a strong supporter of student wellness, we have installed two treadmill desks and one bike desk on the second floor of GHSL for use by our students.

Treadmill Desk

The TR1200-DT5 Treadmill Desk combines a treadmill with a standing desk. The console is integrated directly within the armrest of the standing desk, providing activity feedback, including readouts for steps, walking time, distance, calories and speed. The walking surface is equipped with six impact-absorbing compression shocks, and its quiet operation lets you

stay respectful of other library users while you walk for miles without impacting productivity. The manual-height standing desk adjusts from 41" to 55", allowing you to find proper ergonomic positioning regardless of your height.

Bike Desk

For those who would rather pedal than walk, the C3-DT5 Bike Desk is a great way to add activity to your study time. This bike desk combines an upright bike with a manual height adjustable desk, and includes a cushioned seat with 19-height adjustment settings. The digital LED display shows resistance level, time pedaled, calories burned, distance traveled and pedaling speed, while padded armrests add comfort and support to help avoid wrist fatigue during long study sessions.

For the moment, the desks are available on a first come-first served basis until we gauge interest from students. Surveys will be available in the vicinity of the desks so you can give us feedback on this new initiative. You can also submit feedback through our [Contact Us](#) form.

Happy walking and pedaling!