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## Latest Fitness Craze: Lose Weight While Talking on the Phone



### New Wireless Headset Helps Burn Calories as You Walk and Talk

SAN FRANCISCO, May 30, 2012 — Office workers are getting fatter, not fitter, according to recent reports showing obesity rates skyrocketing.

But a new [wireless phone headset](#) can help office workers lose weight simply by walking around when talking on the phone. The average person who adds 1,500 steps a day can lose up to 500 calories a day, which translates into 1 pound a week or 50 pounds a year when they use the [OfficeRunner Wireless Headset System from Sennheiser](#).

“The less you sit, the happier and healthier you’ll be,” said Mike Faith, president of [Headsets.com](#), America’s leading provider of [office telephone headsets](#) for large companies and small businesses. “The Office Runner makes staying in shape simple and natural for people who use the phone every day.”

To see Mike exercising effortlessly with the Office Runner, check out this [video](#).

“If you’re like me, you find it hard to go to the gym every day. But it is easy to walk around and lose weight if you aren’t chained to your desk by a corded phone. With the Sennheiser Office Runner, you can make and receive calls up to 400 feet from your desk — and the battery lasts 12 hours, so you can walk around wherever you want in the office,” he said.

Many people say they get bored by exercising at the gym, but nearly everyone finds walking easy. And most people have to talk on the phone. By combining both of these fun activities, people stand a fighting chance to lose weight, improve posture and be more productive, he said.

Headsets.com is sponsoring a [contest](#) with winners receiving a Fitbit Ultra, the market-leading wireless all-day fitness tracker that also monitors sleep. The Fitbit Ultra monitors all-day activity to provide real-time feedback on steps, distance, calories burned, and stairs climbed to encourage people to walk more and be more active.

“We want to find — and reward — the fittest office worker. This gives new meaning to people who can walk and talk at the same time,” he said. “For people who want to lose weight, this is a chance for them to walk their talk.”

Having an office staff that is physically fit can also lead to a healthy bottom line.

A research report by Richard Yonge, Ph.D. entitled “Movement in the Workplace — Ideas for Boosting Health and Profits” shows, “There is increasing evidence that prolonged physical inactivity is not just bad for health it is also bad for the bottom line.”

“It is widely assumed that high productivity at work (especially in offices) is dependent on keeping employees seated at their workstations,” said Yonge, but medical research has long demonstrated that physical inactivity is a key risk factor for many degenerative diseases, like diabetes, stroke chronic back pain, colon cancer and Alzheimer’s disease.

The costs of treating these diseases are extremely high, estimated to be around \$150 billion in the US alone [1]. US businesses bear much of this burden through health benefits they provide to their employees.

“Ask most office workers or business owners how they feel after several hours at a computer (or sitting in meetings) and they will likely tell you they feel exhausted or lethargic and have difficulty concentrating. This is now a widespread phenomenon and research is starting back up what we know instinctively from our own experience, that prolonged sitting can lead to impaired cognitive function, poor decision making, increased reaction times and mood swings [2, 3],” said Yonge.

Fatigued employees are less efficient, make poor decisions and have lower job satisfaction, the report states.

These factors affect work performance and in turn jeopardize the bottom line of any information-based business, particularly at the end of the work day, Yonge said.

“Employees in most need of a break are the ones least likely to make a wise decision,” he said.

For more information on techniques for promoting health and productivity in the workplace, contact Yonge at [dryonge@aol.com](mailto:dryonge@aol.com).

### About Headsets.com

Headsets.com is America’s leading provider of office telephone headsets. Headsets.com carries the largest inventory of headsets and accessories from industry leaders like [Sennheiser](#), [Plantronics](#), and [Jabra \(GN Netcom\)](#), as well as featuring their own [Executive Pro](#) line.

### References:

1. Finkelstein EA, et al – Annual Medical Spending Attributable To Obesity: Payer- And Service-Specific Estimates *Health Affairs* 2009; 28 (5), w822-w831
2. Ratey JJ and Loehr JE. – The positive impact of physical activity on cognition during adulthood: a review of underlying mechanisms, evidence and recommendations. *Rev Neurosci*. 2011; 22(2):171-85.
3. Atkin AJ, et al – Non-Occupational Sitting and Mental Well-Being in Employed Adults. *Ann Behav Med*. 2011 Nov 8

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### Pamela Moss

**From:** Pamela Moss  
**Sent:** Monday, July 16, 2012  
**To:** Headsets.com  
**Subject:** My Headset Story

#### Why We Love Our Sennheiser Headsets

One of my new employees, a senior citizen, was complaining about neck pain, the amount of time she was required to be on a call and how difficult it was for her to hold the receiver for that amount of time. This was the first time I seriously looked at the physical condition of my senior employee.

I asked if she was able to hold a phone receiver between her shoulder and ear without using her hands. She could not. Her range of motion was limited and she was struggling.

I immediately jumped on the internet and began researching hands-free systems. After a thorough search and a few phone calls, we decided on the OfficeRunner and my order was on the way. Bren, my new favorite Headsets rep, convinced me I should allow more than one employee to try the product, that I should “Share the fun!” So I did.

When the units arrived there was pandemonium in the office – the first five units were snapped up and in use within five minutes. The headsets were quick and easy to set up, they were the perfect ergonomic gift to my employees and with a follow up call to Bren another five units were on their way.

## Find out why everyone's talking about the OfficeRunner



Our bestselling office telephone headset!

The OfficeRunner improved our work environment for employees with physical limitations, improved productivity by allowing us to be more mobile within the office, and improved time and efficiency by allowing us hands-free calls while finishing off patient calls and paperwork at the end of our long days.

Our only complaint is that the headset is so comfortable, many employees must return from the parking lot at the end of the day when they forget to return it to its cradle. Thank you for developing such a wonderful product.

Pam Moss  
Practice Manager  
Worthington Personal Physicians  
Reisterstown, MD

[Order the OfficeRunner](#)

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To quickly jump to a solution just tell us how you'll use your new headset then choose the type you're looking for.

1. I'll use this headset with my...

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- OfficeRunner Essential Bundle
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- CS70N Pro
- VXI B250-XT
- EP Melody
- ORL 12 Lifter
- GN 9350e Basic
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- Heather Schulte, Aegis Living, Redmond, WA - [Read More](#)

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Linda Johannes  
St. Stephen's Church  
Minneapolis, MN

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Tags: [Headsets.com](#), [Movement in the Workplace](#), [Office Runner](#), [Sennheiser Office Runner](#)  
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- Dan, DadDoes.Com

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