

Standing Desk and Under Desk Exercise Equipment Entry Form

Recipients of the standing desks or under desk exercise equipment must complete the following:



www.msuonthemove.msstate.edu



MSU ON THE MOVE

Made possible with a grant provided by



Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.

- Pre and post health assessment at the Longest Student Health Center in the Classroom (Room 350) including blood glucose testing, cholesterol testing, blood pressure, BMI, and body composition testing (30 minutes to complete)
 - Pre Test Dates: August 30th, August 31st and September 1st
 - Post Test Dates: April 26th, April 27th, April 28th
- Participation in the MSU on the Move smartphone physical activity app for the 2016-2017 academic school year

The use of standing desks or under desk exercise equipment must be cleared with your direct supervisor. If for any reason, the recipient does not complete or participate in the required assessments or smartphone app throughout the year, desks and equipment must be returned by the recipient or they will be recovered by the Department of Health Promotion and Wellness.

Full Name _____

MSU Email _____ **Phone Number** _____

Office Address _____

Faulty or Staff Title _____

Department _____

**Please sign below acknowledging that you understand the responsibilities detailed above.*

Signature

Date

Please rank the following items in order of interest. Number 1 being the item you would like to receive the most, to number 3 being the least.

_____ Standing Desk _____ Under-desk Treadmill _____ Under-desk Bike Pedals