



## Memo

**James A. Levine, MD, PhD**  
Collaborative Research  
Mayo Clinic in Arizona  
Extension (79)1-4524

**Date:** March 10, 2017  
**To:** Arnav Dalmia  
**From:** Dr. James A. Levine  
**Re:** NEAT<sup>®</sup> Certification

We are pleased to inform you that the Cubii by Fitness Cubed, an under the desk elliptical, passes NEAT<sup>®</sup> Certification criteria for active sitting, by increasing energy expenditure over sitting by more than 10%.

30 office workers of varying age and body type were asked to complete the following protocol:

Test Performed	Time (minutes)	Energy Expenditure (% increase)
Resting Energy Expenditure	90	-1.2
Sitting	20	Baseline
<b>Cubii</b>	<b>20</b>	<b>84.5</b>
Standing	20	16.7
Walking @ 1 MPH	15	139.7
Walking @ 2 MPH	15	210.5
Walking @ 3 MPH	15	319.9

Sincerely,

James Levine, MD, PhD  
Director, Obesity Solutions, Mayo Clinic and Arizona State University  
Professor of Medicine, Mayo Clinic Arizona  
Professor of Physiology and BioMed, Mayo Clinic Arizona  
Richard Emslander Chairs in Nutrition & Metabolism, Mayo Clinic Arizona  
Professor of Health Solutions, Arizona State University  
Professor of Life Sciences, Arizona State University  
Professor of Bioengineering, Arizona State University