

## Working on the go | Open thread

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American companies are using activity monitoring gadgets to get their employees to exercise more. Would you wear one?

Have you ever complained to your boss that you've been chained to your desk? In the future she might be able to check. In an attempt to cut healthcare bills, some American corporations have embraced an activity monitor which keeps track of their workers' movements. The calorie-counting device is designed to cajole employees into doing more exercise.

The gadget, worn around the neck, would enable you to see and your employers if you let them to see to tot up how much time you spend sitting down or prowling the corridors, and whether you take the lift or stairs. The gadget also calculates the calories you've burnt and draws handy comparisons to "performance benchmarks".

Around 25,000 US workers are now using the Phillips device and the product is due to be launched in Britain next year. But would you volunteer to use it?

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