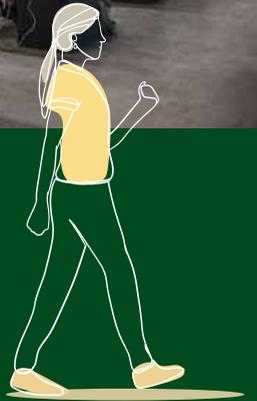




WHY JAPANESE WALKING WORKS FOR DESK-BOUND IT PROS

In the fast-paced IT world, **long hours sitting** at desks fuel a sedentary lifestyle that can **harm health** over time. But what if just **30 minutes of smart walking** could counteract these effects and **elevate your fitness?**



Enter ****Japanese walking****—an interval walking method scientifically proven to deliver more benefits than the traditional 10,000 steps a day goal.

Sitting for extended periods **slows metabolism, weakens muscles, and increases risks of heart disease and high blood pressure**—common issues for IT professionals.



Japanese walking uses alternating **3-minute intervals** of **brisk and slow walking** to:

- 1 Boost heart health** by raising your heart rate safely and effectively
- 2 Lower blood pressure**— vital for stress-heavy occupations
- 3 Build lower-body strength** to combat muscle weakening from sitting
- 4 Burn more calories and fat** in less time than steady walking
- 5 Sharpen mental sharpness and reduce work stress** through rhythmic movement



HOW TO PRACTICE JAPANESE WALKING AT WORK

Take **breaks** every **1-2 hours**.



Walk slowly for **3 minutes**, then pick up the pace for **3 minutes**.

Repeat this cycle for **30 minutes** spread across your day or concentrated **before/after work**.

Use **stairwells, hallways, or nearby outdoor paths**. These spaces are perfect for **interval walking** with minimal disruption.



Set **reminders or alarms** on your phone or computer to prompt these walks.



Invite colleagues to join you for **group walks** — it builds camaraderie and accountability.

Incorporate **walking meetings** when possible to keep moving during discussions. Sounds fun, right?

IN SEDENTARY IT JOBS, MOVEMENT IS MEDICINE.

By investing just 30 minutes of interval walking, you can safeguard your heart, improve endurance, and stay mentally sharp—turning the workday into a healthier experience.



For doubts and queries, please reach out:
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