

Japanese Walking Guide

By Chani Japan

How to Do It (Step-by-Step)

Step	Description
Warm-Up	Walk easily for 5–10 minutes to prepare your body.
Brisk Walk	Walk quickly for 2–3 minutes, like you're slightly late.
Slow Walk	Walk slowly for 2–3 minutes to recover.
Repeat	Alternate brisk and slow walks for 20–30 minutes.
Cool Down	Finish with 5 minutes of relaxed walking or gentle stretching.

Top Health Benefits of Japanese Interval Walking

- Burns more calories while staying gentle on the body.
- Improves heart health and circulation.
- Boosts mood and focus through increased oxygen flow.
- Improves sleep quality by reducing stress levels.
- Strengthens immunity and supports metabolic health.
- Easy on joints and suitable for all ages.

Tips for Success

- Aim for 4 sessions per week for best results.
- Use the 'talk test': during brisk walking, you should be able to talk but not sing.
- Focus on posture—walk tall, relax your shoulders, and breathe naturally.
- Choose peaceful paths such as parks or temples to make it meditative.
- Gradually increase brisk intervals as your stamina improves.

'Life is Journey' — stay consistent, walk mindfully, and enjoy every step.