

"Achievement and fear are two sides of the same coin" through familiarity

I always train hard, but sometimes when I'm climbing stairs on the subway,

① Sometimes I feel that it's better in a different way than regular physical training. However, for people who use the subway every day, it's something they do every day, so they're used to it and it doesn't feel so hard. Or, they're used to it physically. From the commuting scene and experience at the Marunouchi office in Tokyo, they just walk...

② Now, let's think about it the other way around. If I asked these people to do my usual jump rope or ballet routine, they would find it extremely difficult because they're not used to it. It's not because they run regularly, but because the movements are different, so they would probably find it difficult to some degree.

Since many people in the Hokkaido area travel by car, there are likely many who find travelling to Tokyo or Osaka, especially within Tokyo, to be physically demanding.

However, in order to maintain your health by walking as much as possible (and getting into the habit of walking), I think it is better for your health to walk to nearby places.

In October in Tokyo, there are many days with temperatures similar to those found in Hokkaido, yet Tokyo residents still wear coats. Naturally, business hotels are not air-conditioned at this time of year, so those who come from Hokkaido and find it hot have no choice but to open the windows. This also applies to generations; even if someone says, "It used to be cooler," those under a certain age have no experience with it, so they are left to ask, "What temperature is it specifically?"