

Are any of you Office Walkers?



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I saw [this](#) interesting story in the NY Times today about Office/Work Walking becoming a growing trend. Work stations and cubes are actually set up to have treadmills instead of chairs, so that instead of sitting all day--you are walking. Some people have logged 5 miles, 8 miles and distances in between.

Are any of you office walkers? Do you know of anyone who works in an office like this?

Personally, I think it's great, but I'm not so sure I could do it. People said it helped them focus, but I would probably be really distracted. I'd want to try it, though.

Tags: walking, exercise, office_walking, treadmills