

Fig.051 Screenshot of a video I filmed while crossing a frozen lake and trying to do as much movement in an otherwise non motivating and obscure Scandinavian winter. Wearing heavy boots and walking many kilometers I began experiencing knee problems and in later years switched to lighter shoes. or in some cases no shoes at all especially along Dutch rivers.

WALKS 03

By looking through the various month layouts of my walks, an attentive viewer will also detect similar patterns or sudden changes in patterns or gradual increase or decrease of these patterns based on seasons and other conditions which more or less facilitate walking. These conditions are above all set by the weather such as rain or snow hindering me from taking any walk. Other conditions can be determined by the urban environment in which I happen to live such as the pollution of a Chinese metropolis and the alternative streets I am able to find to avoid the traffic. Also my physical conditions can often force me indoors such as knee pain due to too much walking on hard surfaces. With some exercise and rest I can generally be well again without ever taking any medications or consult a physician. Other hindering conditions to my walking and the strong urge I have to move is work in an office or a factory. In both circumstances my objective is always to take a walk whenever I can and also to keep standing even during meetings. Because of this I am considered weird. Even so if I force myself to sit after some hours my back starts complaining and I am not able to sleep well at night. As of now I am writing in a rather uncomfortable but healthy position, sitting on a high saddle as if I was riding a horse.