

Fig.067 Picture of my wife and our children taking our long walks. Since all of my children were young I have encouraged an outdoor lifestyle and we specialized in making excursions in the wilderness. In this we have been unique, not knowing any other family encouraging their children to be on the move, especially when it comes to make them walk long distances.

HEARTBEATS 07

In the midst of my project I found myself without a job, in a foreign country and with two kids to tend. While the two small kids pretty much occupied most of my time, I made use of the remaining time to work on my project. In this respect the handling of the kids became my main physical occupation. While they were small I was lifting, holding and cleaning after them. As they grew I was able to do more physical activities such as playing with a ball or chasing one another. In the meantime I also got them trained to walk especially during the holidays we spent in the alps where all the climbing brings much aerobic training. Well I can say that my kids got used to it and even if the school have taught them to stay sited, with some training they are back in shape and can go up mountains that only adults dare to ascend. Old people in my native village often tells that children in the past had to spend the night outside to see if they would survive the harsh climate. I think I have inherited this character myself. I have had an impulse to raise my children to endure the surrounding nature. I made sure they had enough stamina, training them gradually pushing and in a playful manner. With walking they also acquired the confidence more sedentary kids lack. My hope is that they can keep up the tradition.