

Fig.069 Screenshot showing me hiking at a high tempo up a hill in the south of Germany on my way to the alps. Rather than running and facing back problems, I have eventually resorted to speed walking. As I became busy looking after my children, walking became my only form of training, generally disliking any indoor sport activity.

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Ultimately I found mountains as my ideal scenario for keeping healthy and in shape. There I can hike, do the required maintenance and do all the creative work in the sculpture park I started there. In the mountains to keep physical is a necessity. There are little infrastructures and to this day there is very little solidarity among the few people left to live there. Actually I do not mind to winter in Holland. In the summer I work so extremely hard in the mountains that it comes as natural for me to use the winter season as a period of recollection. In this sense I do understand that I belong to the bio-region of the alps but I also accept the fact that it would be very unhealthy to grow up a family there. Obviously there is a lot of potential for a tribe of the future to reclaim such a territory but as of now people in the mountains are forced to drive their children to the schools down below and to make it themselves to a factory. There is a lot of driving involved, a lot of sitting. The mountain is for them but a dormitory. When I am there I want to drive as little as possible. I want to stay up in the mountains and my work is up there, creating new art projects and cleaning up the paths to it. This is my ultimate activity that keeps physically fit but also keeps me creative unlike the other mountaineers who are kept in factories.