

## Why we Should Walk Daily



*"I have walked myself into my best thoughts" Søren Kierkegaard.*

For many thinkers and doers, from high powered CEO's to famous historical authors, a walk is an essential part of a daily routine, a source of both exercise and creative thought.

A walk is never a waste of time.

Walking can be both rest and exercise.

During the Summer and Fall I walk daily as part of [my exercise program](#). I also walk to clear my mind, and to take a break from writing.

Fitness Influencer Extraordinaire Greg O'Gallagher walks to stay lean, saying that if he's walking 12,000 to 15,000 steps per day it's hard NOT to be lean.

But probably most importantly, walking is both a break and exercise for you mind.

*"My mind will not budge unless my legs move it." Michel De Montaigne.*

For creative purposes there is a trick to walking, and that is, you should walk at your own pace. This is because matching pace with other people can be distracting.

Walking with others is a great way to have meaningful conversations, but sometimes you must walk alone at your pace.

My suggestion is to turn your phone off (or at least airplane mode) no podcasts, no books.

Either you and a friend for conversation, or you and yourself for some creative unconscious problem solving.

I also find walking pairs perfectly with fasting as it helps with both the hunger and monotony that sometimes comes with a fast.

A walk is never a waste of time.

.

---

[Newer](#)

[Older](#)

10th April 2023

A Letter to a Friend

5th April 2023

The deeper truth of Breakfast

Brad Pilon © 2022-2025

[Archive](#) [RSS feed](#)

Made with [Montaigne](#) and [bigmission](#) 