

# Just Walk

Inspired by [this podcast episode](#) (which I highly recommend) I ditched my scooter and started **walking** to work:

- I listen to audiobooks and podcasts, and treat this as my early morning lesson, combined with a health benefit
- I take different routes to work, usually walking for 45-90 minutes
- I discovered wonderful areas of my neighborhood which I never saw before (even found a nice vacant lot for someone to build a house)
- I'm looking forward to get out the door in the morning
- I've experimented with walking back home, but settled for taking the bus back. I enjoy the morning walk much more
- No need to wait for weekends or vacations. You can integrate small hikes into your daily life

Here is a [short video](#) from one of my walks:

And some impressions I collected:





