

This Week's Walk by Margeree Edwards
How to Have Your Walk in Wet Weather
Apr 30, 2021

Yesterday was the first time I ever remember being soaked in a rain shower while under an umbrella. What a storm! We know very well that those gardens so many of us are planning will thrive because of this rain after such a dry winter. But does it all have to come at once? We, who walk every day for fitness and sanity, are finding it a bit tough.

So let's look at some possibilities. All of my previous columns can be found in the Flame under this column. Some of them focus on paved walking trails with no mud and fewer puddles.

A different way to walk while escaping rain, wind and puddles and mud is to just 'stay home'.

Walk around your home or apartment looking for stretches of tile, wood floors, or carpet. Try to make these stretches come together in your mind to create an indoor walking path. I got this idea from an article in the paper and put it into practice one icy winter day when walking outside was not safe. Circles or loops that cross each give the greatest length.

Put on your walking shoes and start slowly until you get the motion and the twists and turns. Speed up to a comfortable rate. Background music with a lively beat can be fun. You will be surprised at how much energy you can put into walking.

You can wear a pedometer if you wish but try not to be caught up in counting. Get fully into the motion and enjoy the feeling. We all know the great benefit of walking in the forest. If it helps, picture yourself in a favourite forest. Relax from the stress and anxiety you may experience in your life.

By the way, your dog will be very puzzled.

*I have several new trails to write about as soon as the mud is gone.
Please forward your ideas to me at inmecomm@gmail.com*

Previous walks are at <https://peterboroughunitarian.ca/this-weeks-walk/>