



A Breath of Fresh Air

My husband is Norwegian. When the Sunday Seattle Times featured an article on the Norwegian concept of 'friluftsliv' it described Bill all right.

Friluftsliv is the concept of spending time outdoors in all seasons, and to wander freely outside, often alone. When younger, Bill backpacked in Alaska on his own, hiked the John Muir trail from Yosemite to Mt. Baker, and biked down Highway 1 from Santa Cruz down to Southern California.

In Poland, where winter temps get down to below 0 Celsius (not Fahrenheit), kids go out for recess daily. It takes a half hour to dress warmly and another half hour peel off wet clothing once inside! Grandparents walked little ones in covered strollers and buggies, and walking each day was the norm. Maybe you're heard of the outdoor preschools in our area where the children spend all of their school hours learning outdoors.

Part of the going-outside-in-all-weather practice in dark Northern climates is because of the positive impact on both mental and physical wellbeing, and is useful when stuck at home during our pandemic.

Bill gets up each morning at 5:30 to take a walk because there are few people about, while I, motivated by the 100 Mile Challenge, like to wander in the early afternoon.

We can need a bit of stress reducing time. Walking or biking, as a family or alone can be thinking time. You can be on the lookout for unique things to take pictures of, or to keep track of in a journal. Maybe a stop at a playground, or drinking a hot chocolate or cup of tea at home works for you. At this time of year, getting out is the difficult part, but coming back inside feeling warm and refreshed feels good. Consider embracing 'friluftsliv'!

I'm motivated to get outside because people who sponsored me for the 100 Mile Challenge and because of the interesting things I've seen. Just yesterday a buck with huge antlers surprised me by crossing the empty road 8 or so feet in front of me! I was so surprised that I didn't even think of getting a picture!

