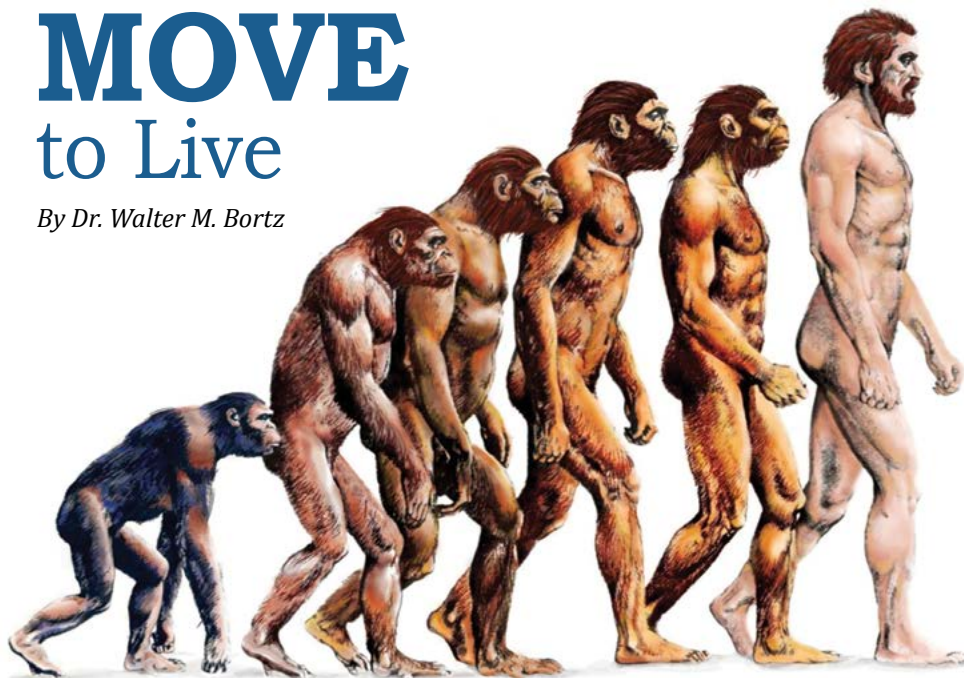


# MOVE to Live

By Dr. Walter M. Bortz



## The most important trip that Homo sapiens ever made was out of the jungle to the Serengeti 5 million years ago.

Our chimpanzee cousins—our closest relatives—stayed behind and are still chimps. Our Paleo ancestors decided to move to a different habitat—to the plains instead of the jungle.

This journey committed our Paleo buddies to a different life style, a different diet, a different exercise pattern, a different societal relationship. We became human because we moved.

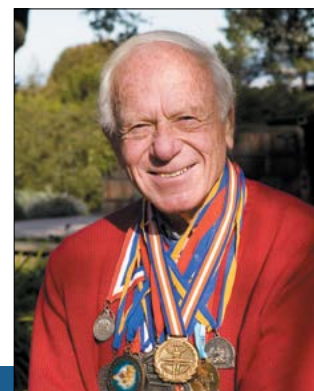
That lesson is with us still.

Travel generates growth, adventure, cultural opportunity and education. Our species is very adaptable; we inhabit the entire globe.

One of travel's principal virtues is the opportunity to learn new things. Personally if I had stayed home in Philadelphia where I was born, the whole kaleidoscope of my life would have been vacant.

I've traveled extensively, above and below, to the east and west, to the north and south. I still travel and hope to do so for the rest of my days.

Movement is life. Keep moving.



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