

Got a meeting? Take a walk

What you're doing, right now, at this very moment, is **killing** you. More than cars or the Internet or even that little **mobile device** we keep talking about, the **technology** you're using the most almost every day is this, your **tush**. Nowadays, people are sitting 9.3 hours a day, which is **more than** we're **sleeping**, at 7.7 hours. Sitting is so incredibly **prevalent**, we don't even **question** how much we're doing it, and because everyone else is doing it, it doesn't even **occur** to us that it's not okay. In that way, sitting has become the **smoking** of our **generation**.

Of course, there are **health consequences** to this, scary ones, besides the **waist**. Things like **breast** cancer and **colon** cancer are **directly tied** to our lack of **physical** [activity], ten percent in fact, on both of those. Six percent for **heart disease**, and seven percent for type 2 **diabetes**, which is what my father **died of**. Now, any of those **stats** should **convince** each of us to **get off** our **duff** more, but if you're anything like me, it won't.

What did get me moving was **social interaction**. Someone **invited** me to a meeting, but couldn't manage to **fit** me **into** a regular sort of **conference** room meeting, and said, "I have to walk my dogs tomorrow. Could you come then?" It seemed kind of **odd** to do, and actually, that first meeting, I remember thinking, "I have to be the one to ask the next question," because I knew I was going to **huff** and **puff** during this **conversation**. And yet, I've taken that idea and made it **my own**. So instead of going to **coffee** meetings or **fluorescent-lit** conference room meetings, I ask people to go on a **walking** meeting, **to the tune of** 20 to 30 miles a week. It's changed my life.

But before that, what actually happened was, I used to think about it as, you could take care of your **health**, or you could take care of **obligations**, and one always came **at the cost of** the other. So now, several hundred of these walking meetings later, I've learned a few things.

First, there's this amazing thing about actually getting out of the box that leads to **out-of-the-box** thinking. Whether it's **nature** or the **exercise** itself, it **certainly** works.

And second, and probably the more **reflective** one, is just about how much each of us can hold problems **in opposition** when they're really not that way. And if we're going to **solve problems** and **look at** the world really **differently**, whether it's in **governance** or business or **environmental** issues, job **creation**, maybe we can think about how to **reframe** those problems as **having** both things **be true**. Because it was when that happened with this walk-and-talk idea that things became **doable** and **sustainable** and **viable**.

So I started this talk talking about the tush, so I'll end with the bottom line, which is, to walk and talk. Walk the talk. You'll be surprised at how fresh air **drives** fresh thinking, and in the way that you do, you'll **bring into** your life an **entirely** new set of ideas.