

The Benefits of Long Walks: Finding Power and Perspective Through Movement

The more you walk, the more you see. And for a photographer, **the more you see, the more you capture**. Long walks aren't just exercise—they're a powerful way to connect with the world, discover new scenes, and build both physical and mental strength. Today, as I stand on the art museum steps in Philadelphia, surrounded by tourists and looking out at the city, I'm reminded of just how empowering it is to **move through the world on your own two feet**.

Why Walking Beats Running

Running might have its advocates, but I find that walking is a more sustainable, less impactful way to stay fit and focused. There's something timeless about **stomping through the streets under the sun** that running just can't match. Starting early in the morning, I can walk a half marathon by afternoon without the strain of running, while staying fully connected to my surroundings.

"Maybe it's better to just focus on walking and forget about running."

Key Benefits of Long Walks

Being on an **elevated surface** like the art museum steps brings a special kind of clarity. From up here, with a direct view of City Hall, it's easy to see the benefits of movement and connection. Here's why long walks matter:

1. **Improved Observation and Photography:** Walking opens up countless moments to capture. Each step offers a fresh perspective, a new scene, or a unique angle that you'd miss if you were running or sitting still.
2. **Increased Foot and Leg Strength:** Walking, especially barefoot when possible, builds resilience and strength naturally. It's about strengthening from the ground up.

3. **Meeting New People:** Long walks lead to spontaneous encounters. Whether chatting with security guards, janitors, or tourists, each interaction adds to the richness of your day.
4. **Enhanced Focus for Thinking, Writing, and Reading:** Movement fosters creativity and helps organize thoughts. Walking is ideal for letting ideas flow, drafting new writing, or even reading on the go.
5. **Making New Photos and Videos:** Today, I'm filming on my **GoPro mini** at 1080p, capturing this elevated moment surrounded by energy and movement. Walking fuels creativity and encourages exploration.

Walking for Emotional Strength

"A lot of this stuff, when it comes to your emotional state of being, is actually physiological."

Walking doesn't just strengthen the body; it enhances your emotional well-being. Moving through the world with your own two feet makes you feel **stronger, more powerful, and perhaps happier**. Smiling, walking, and simply being in motion can transform your mood and perspective. It's a reminder that sometimes the simplest things have the most profound effects on how we feel.

Key Takeaways

- **Walking enhances observation:** The more you walk, the more you see, and the more opportunities for photography you find.
- **Movement builds resilience and joy:** Being active sharpens both mind and body, creating a sense of strength and focus.
- **Embrace elevated spaces for inspiration:** Stand high, look out, and let the view remind you of the possibilities in front of you.

Forget about running; embrace long walks as a way to see, create, and strengthen yourself. Moving through the world lets you feel more grounded, more powerful, and more alive.