

# DON'T SIT

## The Challenge: Can You Go a Lifetime Without Sitting Down?

What's poppin' people? It's Dante, coming at you during my morning walk here in Philadelphia, and today, I want to share a simple challenge with a simple message: **don't sit down.**

That's right. For the past two years, I've been living a barefoot lifestyle, rocking my Vibram Five Finger EL-X Knit shoes, and embracing a new challenge—to **stand and walk throughout the entire day.** The power and energy I feel in my feet, legs, spine, and posture are unmatched. Honestly, at this point, you can't get me to sit down.

Whenever I do sit, I feel my body shut down. It's like **hitting the off switch.** If I have to get into a car, my body starts to yawn, my muscles stop contracting, and suddenly my body thinks it's time to start digesting and resting. Anytime I sit down, I might as well be ready for a nap. But that's not the life I want to live. **I want to stay in motion.** I want to stay alive—fully engaged, muscles firing, energy flowing.

## Embrace the Movement

Here's the challenge I'm putting out there: **Can you go an entire day without sitting down?** What about a week? A month? Maybe even a lifetime?

Imagine living every day outdoors, treating your home as a **bunker where you only go inside to eat and sleep.** To me, this is the ultimate test. Modern society confines us to boxes: cars, offices, air-conditioned rooms. But what if we broke free? What if we returned to the primal ways of our ancestors, **moving and standing all day, eating one meal in the evening after a day of fasting and physical activity?**

***“What if we lived like hunters and gatherers in a modern world?”***

## Reject the Sedentary Life

To me, this isn't just about physical health—it's about **spirit**. There's something inside me that's been unleashed, an energy that won't stop, that refuses to be contained by a chair or a car. **I refuse to sit down.**

Next time someone tells you to sit, don't. Say you have a health condition if you have to—**just don't sit**. I believe sitting is bad for you. Standing, walking, moving—that's where strength lies. **Sitting is for the weak.**

## Live a Life on Your Feet

For those of you relying on cars to get from Point A to Point B, why not stand on the bus instead? I stand in the doorway of the bus, holding onto the pole, **refusing to take a seat**. Forget about spending money on a car, wasting time stuck in traffic. Stand tall throughout your day, and don't let anyone tell you otherwise. If you work in an office, **get a standing desk**. If you work from home, set up a standing desk or create a home gym.

***“Sitting down is for the weak—standing is for the strong.”***

I will continue to march along for the entirety of my life, and I won't stop until—who knows? Maybe I'll die on this battlefield of life.

So, **are you up for the challenge? Can you go a lifetime without sitting down?**