

# BAREFOOT TED'S ADVENTURES

One foot at a time | One sole at a time | One hell of a good time | October 2008

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## News Flash!

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If you don't know it already, let me tell you how to spend your Tuesday evenings...at REMO Recreational Music Center as a participant in the Community Drum Circle 7-8pm It's FREE

[www.remo.com](http://www.remo.com)

## Where Have I Been

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Half Dome Yosemite On Saturday September 20th, 2008, I climbed Half Dome in Yosemite...barefoot. If you haven't already, you gotta climb that rock! Nothing like looking up at a huge rock and then climbing to the top of it.

## Foot Quotes

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“Dancing in all its forms cannot be excluded from the curriculum of all noble education; dancing with the **feet**, with ideas, with words, and, need I add that one must also be able to dance with the pen?”

Friedrich Nietzsche

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## Barefoot Ted - Personal Trainer

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Howdy Folks, Barefoot Ted here. You've probably seen me around the neighborhood running barefoot or wearing strange looking barefoot shoes. Well, it is all part of a physical fitness journey I have been on trying to get in top condition. I succeeded! I now run in 100 mile trail runs and even have a world record under my belt, longest distance covered on a skateboard in 24 hours = 242 miles!

My goal now is to turn my personal fitness discoveries into useful knowledge that others can use to achieve their own fitness goals.

Please visit [www.BarefootTed.com](http://www.BarefootTed.com) to read more about my services.

## The Wild Philosophy from [wildfitness.com](http://wildfitness.com)

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Imagine a panther stealing through thick jungle, a dolphin leaping in the ocean or an eagle soaring through the sky.

All of these creatures are perfectly adapted to their environments. If they were taken out of these habitats, confined to a limited space and fed unnatural food, their health and wellbeing would suffer.

So why do we think we are any different?

Humans spent 200,000 years as “hunter-gatherers” or **wild humans**, adapting to life on the savannah. We were tall, strong, lean, fast, agile and fertile. We did not need intervention in the form of modern chemicals or equipment to keep fit and healthy. Nature provided everything we needed.

Many of us have become **zoo humans** because we are living in an environment that is radically different to the one in which we evolved to live. Our environment has changed at a rapid rate but our bodies cannot adapt so quickly. As a result our health – mental, physical, emotional and spiritual – has suffered.

**My aim is to transform zoo humans into wild humans again.**

I want to teach you the fundamentals of wild movement, wild eating and wild living, giving you all the knowledge and guidance you need to re-discover your inner animal.

BFT

## Recent Popular Blog Topics

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- [Half Dome Yosemite - Barefoot](#)
- [2008 Angeles Crest 100 Trail Run - Idlehour Aid Station](#)
- [Latest Painting by Chase Chen - Daughter and Me](#)
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- [Why Huaraches?](#)
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## **In the Pipeline...**

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- Highwheel bicycle lessons
- Longboard skateboard lessons
- Dog adventures
- Running with the Tarahumara Indians