



BROOKLYN_BORN

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Destination Walmart – my long walk

Wednesday, February 11, 2015

First of all, why Walmart? It's not one of my favorite places for several reasons I won't list here. However, suddenly they are the ONLY place that stocks my organic yogurt (Stonyfield - plain and their non-flavored Greek variety). I buy both by the quart. I eat a LOT of yogurt.

On Monday I got my new orthotics. I've replaced mine every 3 years for decades. I credit them with keeping me upright on my "difficult" feet. I also picked up new running shoes – same brand and style BUT the manufacturer has made a few "improvements." My current shoes, 6 months old were due to be replaced and they were starting to squeak, not a good sign.

Tuesday morning.

I was out of yogurt

I needed to break in my new orthotics for 2 hours (no running in them for 2 weeks)

I didn't want to wear my new shoes outside in case the "improvements" didn't work for me and I had to return them.

My bright idea: I would WALK to Walmart in my old shoes with my new orthotics. I estimated that it was about 4 miles away, so a round trip would be about 2 hours.

It was a nice day, 44 degrees with little wind, so off I went.

Miles 1&2: A very pleasant pace on town sidewalks

Miles 3 & 4: Not so pleasant on the grass beside a 4 lane bypass.

I was safely far enough away from the traffic, but cars and trucks whizzing by at 50 mph was rather unnerving. The footing was uneven too and my pace slowed to avoid stepping in a leaf covered hole. I resolved to find another route home.

Walmart: I bought 3 quarts of yogurt and a banana just in case I needed a snack on my return trip.

With my purchases tucked into the canvas bag I brought along, I plotted my route.

From Walmart I could see the church steeple on my street, probably less than 2 miles away as the crow flies. But I'm not a crow. I noticed there were a flock of seagulls in the parking lot. How odd! We're hundreds of miles inland. What are they doing here?

Miles 5 – 8.3: I weaved my way through 3 parking lots (Walmart, Wendy's, a car dealership, and CVS) until I reached the town's "Main Street." This was a bit out of my way, definitely not the shortest distance home, but I didn't want to repeat the trek on the bypass.

It's a small town and I can now say that I walked the entire distance from southeast to northwest.

The walk was pleasant enough, but that bag was getting heavy. I kept switching it from shoulder to shoulder to my back and even balancing it on my hip.

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Those few extra pounds made a difference. I resolved to remember that if I ever rationalized overeating again with "a few pounds won't matter" excuse because I'm FIT. The walk was definitely easier and more pleasant without the extra weight.

The walk itself took 2:15 with another 10 minutes in Walmart.

At 2 hours I actually stopped and replaced my new orthotics with my old ones that I brought along "just in case"

I'm such a rules follower. Rather dull and boring sometimes, but prepared!

I enjoy walking just for the exercise outdoors, but this was the first time I included a distance destination. On the way home I passed several locations I visit regularly – the bank, my dentist, the post office, my massage therapist. I think I might combine errands with exercise in the future.

Note: We were staying at our house in town (It belonged to my parents).

Walking to any destination from our house at the lake is impossible without risking your life.

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NUMD97

I had wondered how you would maneuver once your canvas bag was full. Perhaps next time a backpack would help?




I made the same kind of error, when I bought a bike for my "commute" in Mexico. I made sure I bought these fancy side saddlebags that attached to the rear wheel, for when I went grocery shopping. Going up that large hill by my house in Mexico, with full bags was not what I configured in my purchase of the Motobecane. Plus, I forgot how mad the drivers are there: Crossing a major thoroughfare I did finally get hit and was knocked off the bike. Even with heavy traffic, the driver never stopped. On really cold days, I remember him well.


Glad you got home safely.
2308 days ago



1STBUCKETITEM



 You're walk to an from Walmart put a smile on my face. I moved to a small town in May and my old car finally died the end of May. So that is when I started "walking." Believe me, although I really miss driving, it was a boon to my 93 pound loss, whoops... only 88 pounds as of today (as I pointed out in the comments to your previous blog) since May 5th.

 One hot day during the summer (it gets more like scorching here in the desert) I weighed myself with my bags of groceries when I got home. I had a good laugh when I found out that I had actually lost the same amount of weight as my groceries. By December I lost that amount again. To get to my goal I need to lose that amount again. The middle of June is my target to reach that

goal.



2309 days ago



PHEBESS

Studies have shown that as we age, we're more likely to get out and walk when we have a destination to get to - exactly what you did!



And yes, a backpack (padded) would help for carrying those groceries. (Did that all through college.)

2311 days ago



DOVESEYES



2311 days ago



**ONEKIDSMOM**

Glad you added that last paragraph... I remember you blogging about hazardous running near your home & this didn't sound at all like it. I often remind myself as I'm hauling groceries or schlepping softener salt, or whatever... "this is why I work out"... but your note about using this carrying extra weight as motivation to refuse to regain? Another part of the puzzle!



2311 days ago

**MARYJEANSL**

I used to love to do that sort of walking. I walked all over Washington, DC back when I lived there, in my (much) younger days. Sadly, I am not in the shape to do it now, in addition to living in a place where absolutely nothing is in walking distance (other than my neighbors' houses). It sounds like you got a nice workout. :-)



2311 days ago

**GIVEUP30**

WOW!!! I was right there beside you man a live what a walk ...I don't think I want to do it again. Even though the 2 mile walk to my church is find part of the way and some of the way is very dangerous no sidewalks just walking on the edge of the road going in and out of people driveway waiting for cars to pass. Yes, I have started early to make sure I get there on time. Since I was hit in cross walk last March I haven't been able to walk and don't think I will well maybe I might if I get



to really walking again. AT my age I really need the walk but the scary part. Your story was I wrote down the yogurts for if I ever get to Walmart want to get them...right now I get the plain two



quarts at Costco. Sure hoping it is ok it sure taste good .



can I find out where you live state?

2311 days ago

Comment edited on: 2/11/2015 1:22:53 PM

**DDOORN**

I love pragmatic exercise options such as your example and have had similar adventures in the past. Way to SPARK! :-)



Don

2311 days ago

**PHOENIX1949**

Impressive!

2311 days ago

**BOILHAM**

I enjoyed the vicarious walk with you to Walmart and back.



You made me smile, being a by the rules person. So much like my DW. I've never know a more "by the rules" person than she. She even calls me "rule breaker" whenever I break a rule, and that happens often.

Quick story: We were at some historical park in New England. There were roped off areas with signs imploring visitors to not cross the rope. I stepped just over the little rope and did a little dance. She almost had a fit. Being a rule breaker is fun sometimes.

Thanks for the smile.

2311 days ago

**DR1939**

In the spring and fall we park at the library which several miles from most of the places where we shop and walk to shops, physician's appointments, lunch, etc. We vary our routes in order to make it more interesting and to walk the distances we want to walk. Carrying packages can be very difficult at times. We have light backpacks we use if it is going to be something weighty.



2311 days ago

**BROOKLYN_BORN**

Yes, I was on Independence. I guess I consider it a bypass since I'm bypassing all the streets in town. No I would never walk along 460.



So moles are responsible for all that mushiness. It really slowed me down.

2311 days ago

**HAYBURNER1969**

You need a padded backpack for such errands.



I assume you were walking along Independence & not the 460 bypass (which is illegal). The grass

along Independence is very squishy, thanks to all the moles. I don't like running there for that reason. Mole tunnels EVERYwhere.

You can also always cut from Gold St. back to Orange St. and cross over the RR tracks by the old deserted factories. Some people would say that's not the best part of town to be walking, but we're talking about Bedford. I run there and have never had a problem.

of course, I am running, not loaded down with stuff, and also 22 years younger. So maybe Main St. is safer.
2311 days ago



KELLIEBEAN

What a great read! Good for you following the rules.



A great way to get exercise!
2311 days ago



LINDAKAY228

Great job on the walking! I know how heavy a bag can get when you are carrying it. They can start to feel like a ton! Sounds like you have a plan now for some other areas as long as you are in town.
2312 days ago



PURPLEGIRL22

That was a lot of walking! I commend you for that. I liked your analogy about carrying the extra



weight. We don't think about what extra weight, either physical or mental, can do to us.
2312 days ago



CD4114015

EXCELLENT ideas here. You and I are SO alike. Not the running but the FEET (I have had mine totally "revamped" over the last years and am happy with them now) and exercise any way we can...but you had me when you said, "I'm such a rules follower. Rather dull and boring sometimes" totally described "me". I always call it that I am such a "structured" person...TELL me what to DO and I DO it exactly the way I'm taught. And I follow rules to a "T".

I am certainly going to check out the yogurt! Glad you blogged about it. THANKS. Where we live now (far northern MI) Walmart is the ONLY place to shop...thus the reason we are moving this spring/summer.

Have a wonderful day...learned much from your blogs as always!



2312 days ago



SWEETNEEY

It makes exercising more convenient and easier when you can combine it with daily routine. I love when I can do that.
2312 days ago



WATERMELLEN

Oh you are dedicated to your quest for just the right yogurt: I avoid both Wal-Mart and Costco (yup, we have 'em everywhere in Canada: but Target did NOT make it, closing 133 stores rolled out about a year ago . . .).

Exercise achieved while running errands -- perfect. Life used to be organized that way pretty much, remember? When most women were at home and most households had only one car!
2312 days ago



GINIEMIE

I got to love walking around town when we lived in our smaller community back in Ohio. I didn't mind walking to the grocery store when one opened closed to us when we lived south of Miami, but here it's a death wish. There are no walk ways and the curb grass/weeds aren't mowed regularly. Yep, having to carry a package of X #s for a while is good reminder why we need to keep

our lost pounds off. Good job my friend.



2312 days ago



MISCHAKEO

I like to take long walking treks as well. I think it is a great way to enjoy yourself and to get exercise. Yes, even a few pounds added can make a difference! That was a good reminder for maintenance.





2312 days ago



GARDENCHRIS

nice walk...
2312 days ago



RIDLEYRIDER

Wow, this was a great trek! Good for you!
2312 days ago



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