

ACKNOWLEDGING THE PASSING OF TIME



Image 1:  
*Fall of Icarus* (c.1588),  
engraving by Hendrick Goltzius after Cornelis Cornelisz van Haarlem.  
Source: Wikimedia Commons - De val van Icarus.jpg

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This personal BLOG is very short but very determined. It expresses my commitment to expand my daily exercise routine. Currently, I walk at least a mile and swim for half an hour daily, pushing myself to exercise all limbs with all-out effort. It's very enjoyable. On the way to the pool, I sometimes yawn and

am often bleary-eyed. On the way back, however, I sing cheerfully, feeling at one with the world.

It's certainly good to keep fit and well. But I now realise that more is required. As people get older, they need to keep supple and, above all, to strengthen their leg muscles.

Alas, one of the greatest age-related dangers is falling over; or, worst of all, falling down long flights of stairs. People break limbs. And falls often indicate a lack of whole-person mental as well as physical balance. They stem from confusion, which is then worsened as a result. Bad and sad news all round. Often such falls, especially when repeated at short intervals, are indications of the approaching end. Ultimately, gravity cannot be denied. It drags us all down.

The antidote is therefore not just to keep well but to keep supple and to strengthen legs. I have blogged before about how I don't self-identify as an old person.<sup>1</sup> Inside, I feel that I am 25 years old. Have done for years. Don't intend to change. And I am highly delighted when I meet similar veterans who feel much younger than their nominal years.

Nonetheless, time passes; and the body conveys its own messages. I am actually now over 30 years old. So herewith my next good resolution: to become more supple; to exercise specifically all my leg muscles (calves, thighs, buttocks); and to do so daily. My wise partner, having kindly read the text to check for spelling errors and typos, notes that 'the road to hell is paved with good intentions'. At which, I laugh. Let's see ....

## **ENDNOTES:**

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<sup>1</sup> PJC BLOG/121 (Jan. 2021) 'Being Assessed as a Whole Person'. Also available on PJC website: <https://www.penelopejcorfield.com/Pdf/58>.