

## **Jim Adams's Inefficient Exercise Programme**

Jim Adams is old. He is not 169 years, and he is not even older.

For a number of years he has noted to others that his physique is akin to someone with pregnancy, but has been disappointed that nothing has come out. In fact, if that were the case, the gestation period would be so extraordinarily long that it could not be that of any animal on Earth, and he would be an alien.

He has been told in a medical test which was not for insanity that his weight is not unusual for his age.

Beating his chest like Tarzan in an assertion of animalian rage, he wishes to assert his intention to walk up and approach a possible mate with the words 'Me Tarzan, you Stephen' with some chance of success. This is part of his idea that grey can be sexy, it just has not been tried before.

Being now of the opinion that this extended protuberance was not due to pregnancy after all, he decided to join a Fitness Club. Although he does not like hitting people, he thought this was a good idea. He thought there might be an examination question asking you to explain what he had just said. I am sure he would be marked down. His escort round a vast interconnected system of caverns even greater than in the James Bond film Doctor No revealed bicycles so badly designed that being unable to move about, inefficient peddling made them very difficult to peddle at all, and a vast array of other incomprehensible equipment where people were similarly engaged in fruitless and unnecessary activity. An idea began to emerge.

The idea is of similar significance to the insight that if you fit a large T-shirt, you should wear a medium, and the obvious fact that men no longer wear shirts. The latter corresponds to the idea he read in a newspaper 40 years ago, that the history of fashion is one of underwear moving to the surface. Conformity has changed, but it still conforms to being conformity.

After considerable 5 minutes reflection, he has come up with an exercise programme of Galactic Significance, if not wider. It is as enticing as Yoga, whose short spelling made it unnecessary for him to look up in a dictionary. These ideas became crystallised after walking into the bathroom and the last drops disappeared into the bowl.

It is basically this. After a lifetimes activity people become very efficient at what they do. They plan their activity so it takes less energy to do it.

Young people have learnt less, so they do tasks less efficiently. Note that, by and large, young people are slimmer than old people.

An observation might be that this is not entirely due to natural aging or advances of technology which makes physical work unnecessary whereas historically the same task would take much more physical effort, but that to become slim, we must adopt the habits and thinking of the young.

This idea is similar to his observation that he no longer has much to learn from people of his age, but he has a considerable amount to learn from people of age 25 or under. It is part of a more general observation that to learn something, the best way is to associate with people who do it well. So if you want to reduce your weight you do not ask someone who is overweight, who will inform you of what food to eat, but someone who is slim. If the latter enquires about

your exercise routine and how you go about town in the day, you might tell him you take a bus to avoid going up a large hill to where you live. He might tell you to get off at the bottom and always walk up to the top. The conclusion is alarming to people in our culture who are taught that to do things well, the strategy is to avoid work.

He notes that exercise strategy is often like the idea that you must run up and down stairs 50 times each day. This is never attempted because it is so boring. The idea is to introduce inefficiency in our tasks during the day, so that we behave like we were a bad 19 year old. We perform everyday tasks deliberately with the idea that we behave so they maximise the exercise we do in performing them.

The technique is to put ourselves in the state of mind where we do not plan our activities. This means if we have bought a purchase and we want to put it in the bedroom, we take it from the kitchen, go up the stairs to the bedroom, put it down, and then go back to the kitchen. We take the face flannel from it, go up the flight of stairs and turn in the other direction to the bedroom, and deposit the flannel there. We then go from the bathroom down the stairs to the kitchen. The possibilities are endless, but you get the idea.

We are now behaving like a 19 year old who is slim. We have adopted his habits.

An invitation is to work this out for yourself.