

## Health Related Images

For the past 14 or so years my focus outside of the office has been photographing land and seascapes. The support from friends and family has been great and often I will be found on the coast of California or somewhere on the interior local area. I love getting up early and always have since childhood. Of course, my motivation then was cartoons and extending the play hours of my day. My eagerness now to wake up before most and deal with the cold, the rain, the fog, has been to capture the light as I visualize it. As my hobby to capture images in just the right light sometimes found me taxed in my stamina while being outdoors. It is not enjoyable for me to photograph while being tired. I needed to adjust and in parallel and improve my health.

Running is something I have never done well. I tried or will say was required by my high school wrestling coach to join cross country. He also was the cross-country coach. It was his way to condition his soon to be wrestlers. Though I tried I just never could run for long distances. I made it through wrestling and at 15 and 16 years old was probably in the best shape I would ever be. About 10 years ago, walking our dog, a neighbor had a stair climber for sale for twenty dollars. It was a great deal as this device was professional level and used until the motor burned out. My next health system would be elliptical. I have found this to be just what my body loved to do, which is important for motivation to exercise. This has helped with the high blood pressure and for many good reasons, allowed me to keep cardio health. Perceptions though betrayed me. My general health was good, but not nearly good enough for what I visualized doing.

New Year's Day, 2022. My daughter invited me to go with her and her friends up to Mt. Hamilton. I could take my camera and photograph the Santa Clara Valley below. James Lick Observatory is located on the peak and with some snow still around, I was excited. Feeling good, my confidence in my health crashed as we went for a hike further down the road. Yes, I was carrying 26 lbs. of gear on my back. but was so winded after a couple hundred feet elevation gain. I realized my efforts to keep myself in shape did not support my efforts to be out photographing. My plans to go to Yosemite National Park in late January were looking bad. Having this failure, pushed me to step up my exercise routine, higher levels and alternating shorter and longer bursts. I added real hiking of local parks and peaks. By my second trip to Yosemite in February, my confidence, stamina, and ability to enjoy the experience made me happy. Though not yet at the level needed for greater excursions, my focus is there and looking forward to the creative health collaboration.

Please Read More at:

[Health Related Images - A-Laser Precision Laser Cutting](#)

[A-Laser Precision Laser Cutting - Laser Ablation, UV and IR Lasers](#)