

# Walking to work – the low-carb alternative

Three years ago I decided I was sick of travelling by car to work. It was a gruelling, nerve racking, 16km drive across town through congested streets, facing road rage and a journey that would take up to an hour or sometimes more depending on the traffic.



So I started to take the train instead. OK, so it takes a little longer, but I'm no longer stressed out before starting work. I can read a book, or snooze and let the train driver do all the worrying. I catch the train at Bell station to Flinders Street, and then catch a connecting train to Tooronga station.



This is where my favourite time of the day starts. It's a fifteen minute walk to work from there and I find the walk really peaceful. I usually have my MP3 player on and listen to my favourite music. I walk past cars often banked up Tooronga Road. I walk past the serenity of Gardiner's creek. I walk over the bridge across the south eastern freeway and see cars hurtling by, burning up those precious fossil fuels that took millions of years to make and are now running out.



There used to be an advertisement "if you drink and drive you're a bloody idiot". Looking at the traffic I think if you are able to walk or take public transport but opt to drive then "you're a bloody selfish idiot". I'm proud of my low carb life style. Are you?