



### Off To The Market!

In some parts of the world, there are very few cars. Many families can't even afford a bicycle. So when they need to get somewhere, they use an old school form of transportation: they walk!

When people go to the market, they may walk for several miles there and back, carrying the groceries on their shoulders or on their head. This probably seems strange and different to you or I. We're used to zooming around in cars and shopping in giant air-conditioned supermarkets. But they also might find *our* lifestyle strange . . . rushing around at a million miles per hour and shopping in a store with 50,000 choices.

Sure, it may take them a lot longer to do a shopping trip, and they don't enjoy all of the same conveniences we do. But there are many things about such a lifestyle that they might enjoy. They get lots of exercise. They get to work on their tan and breathe in the fresh air along the way. They never have to buy gas. They don't get stressed sitting in traffic or dealing with crazy drivers, and they're not spewing out exhaust that pollutes the environment everywhere they go.

It just goes to show: there are many different ways for people to live, and many different lifestyles that can provide us happiness!