

I am 50 years old grandmother working in higher education and as a medical practitioner. My own children are already adults and I live together with my two dogs, Hildur and Sildur. I have always kept family life most important. During those years when kids were young and I was specializing having night shifts at the hospital as well I never quit training. I honestly think that it is possible to take time to training in any life situation. For example, young woman rides a bike to work 18 km in the morning and comes back home by public transportation. Next day she rides the bike back home. Her work place offers morning porridge for everybody who comes to work by own muscle power – great impact from the company! During lunch break she goes to company gym for muscle exercise. Doing that she saves time for being with the kids at home and at the same time makes good decisions for the nature.

My days as a young mother are long gone, but I did Jane Fonda and step aerobics in front of television as well as weight lifting using my babies as weights. I have always been a great admirer of gym classes. I love them. It is possible for everybody to find her own kind of exercise that she can learn to like whether it is dog walking, weight lifting or rowing. Most importantly, be flexible in what you do so you do not need to quit exercising when lakes get frozen. Everybody needs to do some sports. It is very difficult to have a peaceful mind in a rotten body. When physical restrictions have big impact, physiotherapists and other professionals on the field can help find good form to do that. Skiing to South Pole means training regularly and almost every day. I like hard training and having goals in my life. I find it entertaining that I can have this plan that takes long period of time to prepare for it. I go to gym classes 6 times a week.

I skied across Greenland spring 2016. Before that I have had 3 weeks ski trek in Svalbard and shorter trips in Iceland and Sweden. I have climbed some high mountains, Cho Oyo 8201 m, being the highest. Upper mountain climbing is very good exercise for sustainability of the mind, you can never know if you get to the summit or not even if you are very well prepared. I could not make it to Denali spring 2017 due to high winds, sitting a week in a camp does not make your spirit go higher but certainly more durable against setbacks in the future. I have done my marathons, one of each length on trail. Despite this specific goal, skiing to South Pole, requires lots of physical training, it is far more mental in nature. After achieving a proper physical level, the challenge is mental. I am looking forward to it in positive expectations.