

**TODAY'S LIVES:** Wednesday 14th October, 1500 GMT, Milton Keynes, UK

John Hunt: have you done any exercise yet?

Another COVID morning (bright and sunny) at the home office, no need to rush, ease gently into office chair after tea and toast. Check the emails. Well, why not, maybe won the Lottery! Make some amendments to this website and let the Professor know. Wife Anne calls up and says 'make sure to get some exercise today'.

That means walk to pharmacy to get insulin, or, get a haircut downtown, or, go for a swim. I opt for a haircut, not too strenuous, just the effort of getting masked up and a bonus is I get my temperature taken. Wonder if that magic thermometer transfers all my brain data to Google? Whilst in town I decide to go to my Bank's ATM for cash and check whether a new store card works. Out pop lots of nice tenners, hopefully germ free. I then find the new card and pin work and it tells me I have £425 in credit on a card I have not used for three years! Phone home gleefully, only to be told 'that's my money in our joint account to pay for last months spending' and, 'have you done any exercise yet?'" So, off for a swim. It's very quiet at the health club and only three in the pool. When I was just about to jump into jacuzzi I get beaten to it, only one allowed, says Mr Covid. Nice cup of tea in lounge and then back home. Maybe I'll get a cut in on the front lawn, that will be my real exercise! *Take care. Stay safe*

*John*

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Offers of work accepted! Author of *Life's Journey with cartographic meanderings*  
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