

## Timeless Living

I was very excited about my trip. I was going to spend one month underground. My name is Erin and I am a high school English teacher. I teach at a large high school in Nevada. I am 26 years old and single. On my summer vacation, I will live underground with 20 people. We will be in a timeless environment. To be part of this experiment, I had to be between 25 and 35 years old and in good health.



The experiment lasted for 30 days. I found out how living in a timeless place would affect my health. The people in charge of the experiment kept records. They recorded when I slept, ate, exercised and had fun. They watched to see how I would be affected by being away from clocks, sunlight and news.

At first, I was taken into a large building. They checked my blood pressure, weight and height. I also took a treadmill test to check my heart. I was given white clothes to wear for the month. I was not allowed to bring anything with me.

We were taken underground on an elevator. It was hard to tell how far down went. I felt a moment of panic in the elevator. I wondered what I was getting myself into. When I left the elevator, everything I saw was white. I was given a small one room apartment. I had a bed, kitchen and CD player. For the next 30 days I would not see a clock, TV, newspaper, magazine or hear a radio. I wouldn't be able to tell when it was day or night.

It was hard to keep track of the days. On my second day, I went to the social room. I was glad to see two other women and three men in the social room. Tim, one of the men, was very negative. He complained about everything. We all ignored him and had fun. We wondered what was going on in the real world. I especially liked one of the woman named Julia. She was 28 and worked in an office. Julia was friendly and started a card game.

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On my third day, I found a few others in the social room. I knew that the best way to get through the 30 days was to keep busy. I decided to work out. I met several people. One of the men, Louis, helped me with some exercises. He was in great shape. He told us he planned to open his own fitness center.

I found Julia and we talked about how good we were feeling. Julia said she was eating better and drinking more water. We were both exercising each time we woke up. I was feeling stronger. I told Julia I felt more relaxed than I had in a long time. We talked about how quiet it was here. We laughed about reaching for the TV remote every few minutes.

The next day, I found my group again. We all seemed to be sleeping around the same time. We talked about how it was going. Two of the men, Alex and Mark, started to complain. They really missed TV. Especially football. Julia and I laughed. We teased them about missing TV.

The rest of the 30 days were the same. By the end, I felt very healthy. I had made four new friends. We decided to stay in touch. Before we left, we were told the results of our stay. We were all much healthier. I lost five pounds and had better muscle strength. My heart rate was stronger and my cholesterol level was lower.



The researchers told us that without clocks and day light, we had become more healthy. Most of us had slept for eight to nine hours every day. We were eating five to six small meals a day. Everyone had exercised every day. Like me, everyone started eating more fruits and vegetables. We all ate less meat. This healthy way of living made us feel better than ever. When we were tested, our hearts were stronger. Everyone had lower blood pressure. We felt healthier and more relaxed.

This experiment proved that getting the right amount of sleep, eating right and exercising improved our health. Without any contact with the outside world, we lived healthier lives. We learned that we can't let our busy lives keep us from living a healthy life.

This is a fictional story based on a research experiment.