Humans: Run Forest Run

There are many questions when it comes to human evolution, such as who we are and how we get here. A very long time ago we were a type of monkey, then at some point we left the safety of trees and started living in the savanna. Despite so many odds stacked against us we survived and evolved. Now in the modern era we rarely use these evolutions and have developed mismatch diseases.

Back to when we were monkeys in trees. At some point, either because of a warmer climate making trees sparse or because we were competing against a species that was better fitted for fruit and trees or for some unknown reason, we left the trees and lived in the savanna. In the savanna we were able to evolve to become great long distance runners. We were better able to store fat, run on two legs, sweat, and one of the biggest factors was our overall ability to prevent overheating. Because we were great long distance runners and had a bunch of preventatives to overheating we could chase an animal until it overheated and collapsed.

Are ability to communicate was another large factor in are survival in the savanna. It is thought that we were able to communicate to each other through song, allowing us to warn each other or ask questions. Questions allowed us to be coordinated, which is a great advantage to have in hunting. By being coordinated we worked together giving us a large advantage with what could be defined as early tactics, although these tactics probably were not very advanced.

Overall language and ability to work together were some of the largest factors as to why we were able to survive in the savanna against predators that were faster than us and catch prey that was also faster than us. Sadly due to the way we advanced technologically we now have mismatch diseases since we no longer need the large amounts of fat and sugar that we used to need. We also no longer need to, or even do, run long distances like we used to.

Notes to self: Think about different answers to the questions for the 28 day challenge