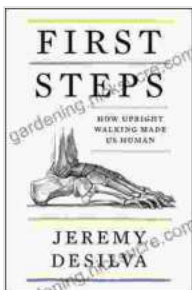


# First Steps: How Upright Walking Made Us Human

It's one of the most defining characteristics of our species: the ability to walk upright on two legs. But how did we evolve this unique ability, and what were the consequences for our development as a species?

The answer to these questions lies in the fossil record. The earliest hominins, our ancestors who first walked upright, appeared in Africa around 6 million years ago. These early hominins were small, tree-dwelling creatures with long arms and short legs. They spent most of their time in the trees, but they would occasionally come down to the ground to forage for food.



## First Steps: How Upright Walking Made Us Human

by Jeremy DeSilva

★★★★☆ 4.6 out of 5

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Enhanced typesetting : Enabled  
X-Ray : Enabled  
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Print length : 346 pages



Over time, the climate in Africa began to change. The forests where the early hominins lived began to disappear, and they were forced to spend

more time on the ground. This change in lifestyle put pressure on their bodies to adapt to a new way of moving.

One of the most important adaptations that the early hominins made was to develop the ability to walk upright on two legs. This freed up their hands to carry tools and weapons, and it also allowed them to see over long distances. These advantages gave the early hominins a significant advantage over other species, and they quickly became the dominant species in Africa.

The ability to walk upright on two legs had a profound impact on the development of our species. It led to the development of new technologies, such as tools and weapons, and it also allowed us to explore new habitats. As we spread across the globe, we came into contact with new challenges, and our ability to adapt to these challenges helped us to become the dominant species on Earth.

## **The Benefits of Upright Walking**

Upright walking has a number of advantages over other forms of locomotion. First, it is more efficient. Walking on two legs requires less energy than walking on four legs, and it also allows us to travel faster. Second, upright walking frees up our hands to carry tools and weapons. This gives us a significant advantage over other animals, who must use their hands to walk.

Third, upright walking allows us to see over long distances. This is an important advantage for hunting and gathering, as it allows us to spot potential prey or threats from afar. Fourth, upright walking helps to protect

our vital organs. When we walk on two legs, our vital organs are positioned in the center of our body, which makes them less vulnerable to attack.

## **The Challenges of Upright Walking**

Despite the many benefits of upright walking, there are also some challenges associated with this form of locomotion. First, upright walking puts a lot of stress on our joints and muscles. This can lead to pain and discomfort, and it can also increase our risk of injury. Second, upright walking makes us more vulnerable to predators. When we walk on two legs, we are less able to defend ourselves from attack. Third, upright walking can be difficult to learn. It takes time and practice to develop the coordination and balance necessary to walk upright on two legs.

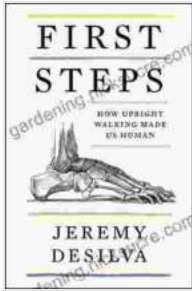
## **The Evolution of Upright Walking**

The evolution of upright walking is one of the most important events in human history. It led to the development of new technologies, it allowed us to explore new habitats, and it helped us to become the dominant species on Earth. The ability to walk upright on two legs is a defining characteristic of our species, and it is a testament to our remarkable ability to adapt to change.

Upright walking is a complex and challenging form of locomotion, but it has also been a key factor in our evolution as a species. It has allowed us to develop new technologies, explore new habitats, and become the dominant species on Earth. As we continue to evolve, it is likely that upright walking will continue to play an important role in our development.

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