

Being swallowed whole by the energy sapper isn't pleasant, but being left dizzy by the overly fizzy is not much better...

Are you someone who is always trying to conform? Do you struggle to behave appropriately and end up wondering how you got yourself into the fix you are in? Do you often wish you could be just...ahem, a little bit more conventional? Well, join the club.

Or do what I have just done and accept your peccadilloes and wrap them all around you. Accept yourself for who you are and make the very best of it.

My mind is very open, but not vacuous, and I am grateful. It means I am happy to explore all manner of avenues when it comes to health.

Yesterday I did some giving of a new kind, and as often is the case found that you get back twofold what you put in.

With nothing to lose and everything to gain you too could approach 2012 from a different angle. Slightly off-centre.

When it comes to character types, being swallowed whole by the energy sapper isn't pleasant but being left dizzy by the overly fizzy is, perhaps, not much better.

Ideally we need balance. Would you have the faintest idea what I am talking about if I was to say you need to choose to be beside a B or possibly an AB who gets on with everyone? Thought not!

Let's head east.

Take a moment or two to read through the following personality types and come to a decision. If you turn out to be an AB this might be troublesome.

Would you say you have creative energies, are often reserved, a touch sensible, patient and responsible? Have inner strength and stay calm in a crisis. Are you a perfectionist and demand a lot of yourself and others? Is your idea of heaven harmony and balance? If you answered yes to some or all, then pop 'A' on your forehead.

Or, would you say you are unconventional and practical. Do you need the facts before you can solve a problem? Detail obsessed and unhappy to let things drop you will set a goal and see it through to the end. You are, and this is my favourite word, methodical. Happy and relaxed you make a good friend. If this seems like you, then class yourself as a 'B'.



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Or, can you admit to being critical of mind, indecisive, forgetful, and irresponsible? Are you able to switch personality to suit the situation easily but hate being pushed into a corner? Are you controlling? You may belong to groups and lead the way and there will never be a dull moment in your life. Does this sound like you-hoo? You may or may not be an 'AB'. No one will wish to argue.

Finally, are people drawn to you? Are you agreeable, sociable, and an optimist? Before you get carried away, this does sound too good to be true and it is. Your flaws, and you do have them, are arrogance and rudeness. You will admit that many of your projects don't see the light of day. Although from high up on your pedestal you don't care. You find success regardless. With your strong physique you have a healthy immunity and naturally love sport. If this is you, and no-one can blame you for wanting it to be, then you are an 'O'.

So, has anyone guessed what I am referring to? It is something we have an average of eight to ten pints of and it is something you should share with others, if you can.

The Japanese believe our blood types reflect our personalities. In the same way in the west we follow horoscopes. I, for one, think it is fascinating.

Blood type As may well be suited to the solitude and quietness of cycling or running alone. It will agree with them.

Blood type Bs could try climbing or orienteering to satisfy their love of problem solving.

Blood type ABs should dance. Its constant challenge and change will ignite their personality.

Lucky blood type Os will be naturally athletic and need little direction.

Of course, most of us do not know our blood type. You do not need to.

Me? Well I am blood type A. Am I surprised? Not a bit. 