



FIT FOR LIFE

Preserve yourself

Carol Westmorland says there are plenty of steps to take to stay in good condition

Yesterday in one of my spontaneous moments I felt very self-satisfied. I want to describe it better, but self-satisfied, however unappealing that sounds, does sum it up. I am feeling quietly satisfied with myself. So self-satisfied it is. I am with you here I would not want to be friends with someone thus described. It sounds smug.

This feeling came about not through some elaborate ruse; it came about because I cycle in time trials and encounter pot holes. Yes, pot holes. Couldn't get less glamorous and I had to declare an interest when Jeremy Vine opened a debate on his Radio 2 (UK's biggest) news programme to his 7.3 million weekly listeners. I had facts I wanted share.

The researcher asked would I go live on air? Yes, I replied, but a dog walk with no reception put paid to that. Instead Jeremy Vine read my name and my unrehearsed thoughts to close his debate 50 minutes into his show. Wow.

So how far will you go to self preserve? Preserving oneself for what might lay ahead. Do you look out for hazards? Asked by a friend to cycle the 'end to end' and back, in other words twice I



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pondered. He felt I, like him, would be happy to trot off this earth in very poor condition. A life he said well lived. Erm, I am not so sure. I am intent on looking after what I have got left that is intact.

I do agree with him that it doesn't do to be too careful. You need to wear down a bit, it just needs to be carefully managed. If I can, I actively avoid impact. I move in every direction to avoid being stuck with one bit that works perfectly and one bit that does not and I definitely do not avoid huffing and puffing. As Jeremy Vine said I am minded to avoid falling into any holes - pot or otherwise - and invest my time looking.

I am unafraid to speak up nationally when required and feel self satisfied in the process. No apology or digging required.

Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. www.pilates-cumbria.co.uk