



FIT FOR LIFE

Spring resolutions

March is the time of year to take up an activity that could become a lifelong passion

For the past five years January hasn't been a month that has offered continuity. In fact the month of January has held only dread and I share these feelings with many.

A look will be exchanged, sometimes accompanied by the mouthing of that which must not be named. Many quite literally shudder at the memories of Januaries gone before. We have been ruled by fear. The fear of the unknown; the fear of the unexpected; the fear of snow.

Yes, for some that gorgeous white fluffy stuff holds an appeal. For those of us who rely on the bravery of others actually leaving their homes, it holds only resignation. Only the intrepid venture out. So to date 2014 has been a joy.

Uninterrupted routine may sound dull but it is how success is built. You see, without realising it, we thrive on continuity. It is the key to contentment. Some days will be less entertaining than others but in the long term the bigger picture emerges and those ups and downs balance out. Or they should if you choose wisely.

2014 is a special year for me. I am celebrating 20 years in the business of moving the body beautiful. I have put Pilates to the test for the past 14 and it has proven time and again to be my saviour. I will only be satisfied when the entire county can touch their toes. A lifetime's work.

So where is your continuity? What moves you? Have you even found it yet? Flightiness is all very well but I believe you should have something that



'I WILL ONLY BE SATISFIED WHEN THE ENTIRE COUNTY CAN TOUCH THEIR TOES'

defines you.

We all need an identity and a passion. Cycling is mine. Why not make cycling yours too? You should not look for instant gratification - you are instead looking for a lifelong experience. Something that becomes as routine as brushing your teeth.

Cycling rocks. You look amazing and you feel amazing. I am proud to be a cyclist. Even when it challenges it conquers all. January is now a memory but March is an ideal month to start proper. It is perfect - the days longer and your goals more realistic.

You have put a distance between any Christmas over indulgence and the exponents of 'New Year and a new you' philosophy who will have statistically peeled away.

In danger of jumping on the band wagon? Why not follow a 5:2 exercise plan. Make it routine by simply electing two days per week not to use your car and cycle instead.

Purposeful, cost saving and wheely good for the planet.