



FIT FOR LIFE

Size matters

Carol Westmorland discovers that your ear size and leg length can reveal a lot about your general health...

I'm rather proud of mine. I can't claim to be the only one to sport such a delectable pair - it will be in the family. A sort of shared USP and it means I am happy to expose them for all the world to see.

Like an elephant I never forget. I don't miss a thing - I'm all ears. So it came as something of a surprise to read that small ears are not so good after all. They may, in my opinion, be more aesthetically pleasing but in reality they can be a sign of kidney problems. This fact made me want to know more about the hidden messages our bodies deliver to those who know.

We will start with hips. Big ones. You can use them to prop your shopping on. Scientists are saying big hipsters have poor memory caused by restricted blood flow leading to cognitive problems. In other words you may find it difficult to think straight. Note this down, should you qualify. You never know when you may need to use it should you forget an important birthday.

Thighs. An area of the body that females, and men for that matter, have issues with. They will either be too chunky or too small. I bet that most honest people at some time will have looked down and let out a sigh. Big, solid thighs are best in my book. To learn that skinny thighs can lead to an early demise was heartening. Apparently low muscle mass in the thigh area can affect insulin sensitivity. We are being actively encouraged to build those thighs into powerful beasts of poor muscle. I would suggest lots and lots of squatting to achieve this.

Finally something I can



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do absolutely nothing about - short legs. Scientists say, rather broadly, that it is all down to 'early childhood environmental circumstances' and this means I had to share my early fuel intake.

It had to go three ways between my sisters Gilly, Jo-Jo and me. Hence short legs which can make those challenged more susceptible to diabetes.

Body dimensions can indicate a wealth of information about your present and long-term health. In the future you may need to say nothing at all. No need to convince the specialist. They will take one good look at you and know. The conversations in the doctor's surgery will be along the lines of "ah, yes I can see it is those long fingers of yours". Mark my words.

Carol Westmorland lives in Cumrew. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates.