



FIT FOR LIFE

Fringe benefits

To cut or not to cut? Carol Westmorland ponders the benefits of bangs

I was broadsided while perusing the PNAS (no, me neither) to find that the anatomists at the University of Zurich in Switzerland say that female hips narrow once past the age of 40.

This might sound fabulous but be warned; you might want to make the most of those hips when, in the future, there will be no-where to prop your shopping. I speak from experience.

Should I, or shouldn't I, have a fringe? Craig, my hair guru, would never warrant a fringe. The conversation is always closed down promptly. I land in Craig's chair every other month - Truly Scrumptious (my Cavachon) often comes along too - for my 'as little as I can get away with' visit. We do not cut but in November, we have what Craig calls a 'volumising snip'.

I always leave with hair wet for natural drying regardless of the weather. It is best when the sun shines or it is a particularly windy day to speed the process up. Adventurous I am not. So, perhaps Craig knows very well that having a fringe would require more attention than I would have time to give.

Seeing Kylie, front page with her 'stunning' curls, cemented - should cement (it wasn't) have been needed - this belief. Kylie and I share the same age and she does not have a fringe.

The inside pages revealed Kylie with her curls some 30 years ago, aha, with a fringe but the real moment of clarity comes when you see that she had clipped back a tiny bit of the top section (if I



'KYLIE AND I SHARE THE SAME AGE AND SHE DOES NOT HAVE A FRINGE'

sound like I know what I am talking about here do not be fooled) which gave her fringe a bit of height and lift.

I too did the very same thing some 30 years ago. If ever a reminder was needed, this was it. The no-fringe curls is age-appropriate and, with even narrower hips than I had those 30 years ago, I think I am on to something.

If only I could find where I put those gold hot pants.



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