



# Time to get active

Inspired by the Rio Olympics, Carol Westmorland says we should all try a bit more physical exertion

Take a stand, Louisa Van Lierop. Yes you, Louisa V L of Carlisle. You epitomise the campaign 'This Girl Can', with bells on. Here is how. Concept 2 - the makers of indoor rowing machines - have a Performance Monitor, meaning you can track and compare, should you wish, to see how you rank against others in your age category and gender across the world.

Louisa did and was stunned - having only begun rowing six months ago, she is at the top of her ranking in the 500m indoor rowing. The top. How good must that feel? Very good is the simple answer. Amazing is more of the truth.

Could you excel at a sporting activity that involves physical exertion and skill? It should excite and surprise. Igniting something from within. Enabling you to unleash something that you had no idea needed unleashing. Until unleashed.

Allow me to have some ideas for you. I will say at this point that, given my track record, I will be suggesting something breathtaking.

Your choices are between rowing, running, cycling or swimming and then going for it. Are you surprised? You shouldn't be. Inspired by the Rio Olympics and, stretching ahead of you, the long autumn and winter months, you should get stuck in. These are perfect training months.

Join a sporting club, grab a gym buddy or take the virtual route with a



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sporting 'app'.

Look at the league tables. Look at the records. Clubs are full of their members' past and present achievements.

Target - it gives you motivation. There is no good reason why your name should not be up there one day. And with Louisa as an example it may be a lot sooner than you may think.

I could not help taking an interest in the other competition looking at the Concept 2 Performance Monitor rankings. Louisa was ahead of Ms Tubby of Norwich who is a member of Red Line Rowers which, to my mind, sounds very hard core and Ms Doubtfire. Really? You couldn't make that up. Go girl! People out there be inspired.

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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.uk](http://www.pilates-cumbria.uk)