



FIT FOR LIFE

# The road to euphoria

**Carol Westmorland reveals how she keeps her mind and body sharp**

I blame my parents; mum's passion for peas and dad's passion for activity. It's a lethal combination.

Honestly if not for them I wouldn't average 24,000 steps daily and that craving I have for chickpeas.

I am certain that without being part of a family that saw activity as normal and eating well as natural, I would not be who I am today. I am grateful.

As a child dad couldn't shake me off on his Lakeland hill walks. Then it was the cycling. I was and still am his shadow.

Vegetables in our childhood home never accompanied, they were the star attraction on the plate.

Today (and every day) I am euphoric. I am biologically addicted to a chemical reaction that drives me to exercise. I need my endocannabinoids and it is possible for you to become euphoric too; in a state of heightened excitement and happiness.

This euphoria is the body's way of rewarding me to make me go back for more, and it works. My brain wants me to crave this feeling of excitement and happiness to keep me healthy.

They - the scientists - call it motivational salience. I call it wonderful. Wonderful in that I do not need any encouragement whatsoever to keep active. As long as I stay active I have a great appetite and am a joy to be around plus my memory is pin sharp. Ask anyone. I can remember the names of everyone I teach and on average I will see 150 people every week!

Want some? A little bit of euphoria. A chemical reaction that is free and



**'I AM BIOLOGICALLY ADDICTED TO A CHEMICAL REACTION THAT DRIVES ME TO EXERCISE'**

available at any time of day. A life-enhancing, safe and guaranteed pick me up that will become part of your lifestyle.

By far the quickest way to this euphoria is HIIT (high intensity interval training). Devised by Dr Beth Philips to give you maximum results this on-the-spot five-minute formula is super quick and works, and you can do this anywhere. You may even gather a crowd.

Just warm up with a gentle jog on the spot before you start and do the same at the end. Be sensible.

- 1 minute of star jumps.
- 1 minute of squats - keep your weight in your heels.
- 1 minute of sprinting.
- 1 minute of star jumps.
- 1 minute of squats.

You'll soon be jumping for joy.

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)