



FIT FOR LIFE

# 50 years young

As Carol Westmorland and her triplet sisters celebrate their birthday, she shares her anti-ageing secrets

Once upon a long time ago, we sisters arrived in this world. Triplet girls: Carol, Joanne and Gillian. To celebrate 50 years of fun, I will be wearing a sequined ice blue jumpsuit, and nobody wears a sequined ice blue jumpsuit if they do not want to party.

As you can imagine, the party is a co-ordinated effort - is there any other way? This is nothing new. As a family we are fused. We have already told our parents that we will live in their home in Lazonby - taking care of each other - when the time comes. Naturally, we will take care of them first; try to stop us!

We should all take an interest in our anti-ageing hormones. Think of it as future-proofing. Here is what I have discovered.

1) Stop drinking caffeine by 3pm. Melatonin, the sleep hormone, is disrupted by caffeine. Sleep = repair. You should also be in pitch darkness to sleep well. I like to create a cave of sorts and clamber in. You can find me (and Truly Scrumptious) if you look carefully under a mountain of various sized pillows. We sleep soundly.

2) Raise your heart rate twice a week to boost your



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metabolism. This will prevent the widening of you. The scientists believe this simple physical exertion resets your metabolism. I am the granddaughter of a baker and can see the allure of sugary cake. Find me a sporting event that doesn't have a table groaning with gooey cakes on offer. The secret to staying in shape is getting the mix right. Raise your heart rate and then enjoy cake. Alternatively, you could fast for one day a week, encouraging the body to use up fat stores if you have any. I don't. I do the former.

3) Laugh (a lot). The holy grail of hormones is beta-endorphins, the anti-ageing hormone that keeps your brain active. Just couple a challenge with a laugh. I find cartwheels (plus audience) work for me. Why else would I wear that jumpsuit?

Happy birthday to the other two parts of me.



Carol (right) with her sisters Joanne and Gill

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)