



FIT FOR LIFE

Simple pleasures

From imaginary days off to the smell of freshly laundered clothes, Carol Westmorland chills out...

The month of August is the month that, in my head, I always plan to take a holiday. It never happens. Why? Because no matter how much my head feels like it is about to spin off (of which more later) I never quite do it.

I just have imaginary days off. Off I go on my imaginary days to a day-long spa and sip day-long coffees while people-watching all day long, wondering who these people are and what they do in their oh-so-glamorous lives. I then wake with a screech.

Today is mega wash day because yesterday, I decided that every item I own was to be washed and hung out to dry in that hot sunshine (inside out, of course to prevent fading) that we've had for 61 days flat. I purchased perfumed sachets to tie, by their little ribbons, in my wardrobes alongside my beautiful, freshly laundered, clothes.

As I stand in my laundry room I look out to see the pitter-pattering of rain as it splashes off the flagstones. I am underneath mountains of laundry - my IzzyWotNot rails stand side by side loaded with hanging clothes. My Sheila Maid is groaning.



'AFTER MY BATH I FLOAT DOWNSTAIRS TO LEAF THROUGH THE WORLD OF INTERIORS'

Head. Is. Spinning.

In times of struggle (I know, I know) I look for the alternative way to chill. I walk away from the laundry room back indoors, but before I do I breathe in that lovely fresh smell of Surf.



I drift through the kitchen (stepping over The Sunshines - 4 dogs/2 cats) to the spa that is my (just mine)

bathroom and I run that long, hot bath and immerse myself. Emerging some time later, I float downstairs to my sitting room and leaf through The World of Interiors while sipping my freshly brewed coffee.

Am I happy? You bet. Simple pleasures are always the best. Calm, collected and content. I gaze outside and the sun is beginning to shine.



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