

By Lila Whelan

Challenge 11

A Lean forward, that's right, lean on me, don't worry I don't bruise easy! Oopsy, ha! Don't worry it's fine, that always happens. Well, not every time but sometimes. The stories I could tell you! Oh, well I won't. Not my place to say, not my place to judge I always say. Anything you have to do then you just go on ahead and do it. I don't mind at all. Our bodies are strange wonderful creations are they not? Eck, this zip of yours is a bit stiff isn't it? Whoopsy! There we go – didn't catch anything there did I? Don't worry, I'm just teasing.

Now let's take a look...my goodness - you're looking good today! Firmer and stronger than last time, oh definitely. And I wouldn't lie to you about that – I'm not one to go round telling all my clients that, I'm not just stroking your ego I promise you! Does neither me nor you any good at all to be telling porky pies like that. Now listen to me blather on, we haven't got long have we? Time is money, money is time don't you think? Tick tock tick tock, there's never enough time these days is there? When I was a bit younger – I'm 35 would you believe that? Well I bet you could – I'm so close to you right now I bet you can see all my little wrinkles! I try and keep 'em at bay, do my daily exercises and you should see the amount I spend on 'stay-young-beautiful-creams' but shhh, let's keep that a secret between the two of us shall we? My husband – you don't mind me mentioning him do you? – he'd go mental if he found out. But as I was saying, when I was a bit younger there seemed to be all the time in the world, plenty of time for going out on dates – oh, is that a bit cold? I'm sorry – plenty of time for getting to know someone properly, play around without any pressures of kids and marriage and that, go dating for months without having to make any decisions. But of course – hold tight now – all that's changed once you head up closer to that magic 30. Tell you what, 6 girls from my school got engaged when they turned 29. Six! Pop, pop, pop one after the other – couldn't bear to look at my Facebook wall for most of 2010, every day another blinding rock dazzling out at me.

Oh! Have we finished already! That was quick wasn't it? Right then, I'll get these trousers back up on for you and then we're good to go. Yeah go on, lean on me again like before – you know the drill by know! There we are, you just lie back and relax now. Are you good? Of course you are sunshine, you don't need to say a word, I can tell by that look on your face. Right then, I'll see you same time next week shall? Don't you worry, I'll see myself out, I know the way – ta-ra!