

## Air Drums...

That awkward moment you're in the garage exercising on the turbo trainer, headphones in, music blasting, have just nailed your high intensity sector workout and are playing air drums along to a rock song and your husband has been standing there watching the whole time...well that.

(Please don't think for minute this is a regular occurrence – exercising – it's a rarity and I'm only doing it so I can eat 15 Ferrero Rocher later on...)

