

BOODY AND MIND



RECOMMENDED Fitness queen Davina McCall

Fit in workouts to suit yourself

The top reasons for cancelling gym memberships are money and not being able to find the time to go for a workout.

Often gyms are losing customers instead of discussing an alternative price plan or actioning the feedback regarding fitting classes into busy lives.

So how do you find a solution which matches your budget, fitness and free time?

**BUDGET: No-frills gyms** – There is a new wave of no-frills gyms spreading across the country, offering perfectly good gym facilities and also some fitness classes.

**Local studios and halls** – There has also been growth in fitness professionals offering small studio classes, gyms and group training at a much reduced price, or at local halls, where you can



APRIL LOGAN

pay per session or buy a reduced block booking.

**LIFESTYLE: Short classes** – There are lots of 20-30 minute classes now, such as Metafit, Fatburn Extreme, Circuit Express and Pilates Express. Most offer the benefits of a full hour class. **Fitness DVDs** – Davina McCall is one of the few celebs who produce decent DVDs. Tracy Anderson is a renowned trainer so you can trust her methods too.

FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER AT FITNESS@SUNDAYMAIL.CO.UK

VESTED INTEREST

An eco-friendly insulation product has been put to great use in a women's gilet.

Man-made PrimaLoft Eco is made with 70 per cent recycled fibres and mimics goose down for performance and comfort. But unlike goose down, it is a brilliant insulator, even when wet.

The latest product to be treated to PrimaLoft insulation is the women's Montane Glacier Vest. The lightweight vest is ideal for outdoor activities and comes in sizes 8-16. Priced £85 from all good outdoors stores. See www.primaloft.com and www.montane.co.uk



OFF WE GO Peter and Fiona set out from Aberdeen Art Gallery

GOING THE EXTRA MILE

The route of Peter Howson's Putting Autism on the Map walk started in Aberdeen and heads south along the Aberdeenshire Coastal Path and on to Dundee. From here, Howson will walk the Fife Coastal Path to Edinburgh before hiking the towpath of the Forth and Clyde Canal. At Glasgow, he joins the Clyde Walkway and then the River Ayr Way to reach Ayr, where the artist grew up.

TAKE THREE..

A saddle bag is the perfect place to stow a spare inner tube, tyre levers, tool set, repair patch and maybe a snack or two.

SAVE

**B'Twin SB 0.4litre saddle bag** A budget-friendly bag that fits neatly under the saddle with a Velcro fastener. There's enough space for the basic essentials. £5.99, www.decathlon.co.uk



SPEND

**Altura Explore expanding seatpack** Lightweight and reflective, this seat bag has the extra attraction of being expandable when you want to store more kit. £22.49, www.wiggle.co.uk



SPLURGE

**Ortlieb Seatpost 1.5litre bag** A compact yet lightweight and brilliantly waterproof bag that is easy to remove with one tool-free manoeuvre. £49.49, www.evanscycles.com



SPORT IN THE PARK

Entries are open for a multi-sport weekend at Strathclyde Park, near Motherwell, on May 17-18. Saturday at 10.30am sees the 10km road race on traffic-free paths around Strathclyde Loch. On the Sunday, there will be the Scottish Standard Distance Triathlon Championships. The triathlon includes a 1500m open water swim, a 38km bike ride and a 10km run. Where possible, the course will follow the same route as this summer's 2014 Commonwealth Games triathlon events. To find out more, you can visit www.entrycentral.com/Strathclyde-Multisport

HAPPINESS

BEST FOOT FORWARD Peter leaving Aberdeen with Fiona and friends



exhausted, Peter can still draw perfectly. He draws and paints like he walks – fast, focused and with amazing energy.”

By mid-afternoon and with many miles still to walk to reach Dunnottar Castle and an overnight stop, Howson seemed a little fatigued and was limping.

But he was utterly determined to battle on through the discomfort. He said: “I will do this walk. There is no doubt that I will reach the finish each day.

“I have been looking forward to this and planning it for many months.

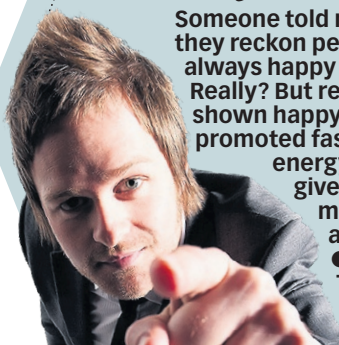
“I love to paint and now I love to walk as well.

“And I am in love, properly in love, for the first time in my life.

“I feel very hopeful of what this charity hike will achieve and what the future will bring.”

■ To find out more about Putting Autism on the Map and to donate, see www.autismonthemap.org WWW.FIONAOUTDOORS@AOL.COM

GAVIN OATTES I WAS JUST THINKING



Someone told me recently that they reckon people who are always happy at work are freaks. Really? But recent stats have shown happy people get promoted faster, have more energy, achieve more, give better service, are more creative and are more confident. ● Follow Gavin on Twitter @gavinoattes

THE DIET Christine Mitchell

Why not make some cute little cheesecakes this Easter? Put 12 paper cake cases into a 12-hole bun tin. Melt 50g marg in a pan. Remove, stir in six crumbled digestives and 1tsp cocoa powder. Share between cases, press down and chill for 15mins. Preheat oven to 160C. Mix 200g low fat soft cheese with 2tsp cocoa. Add 25g sugar, vanilla extract and egg. Spoon on top. Bake 12mins until set. Cool, then sprinkle with grated chocolate.

EMAIL YOUR QUESTIONS TO DIET@SUNDAYMAIL.CO.UK FOR MORE INFO ON THE WEIGHT WATCHERS PROPOINTS PLAN OR TO FIND YOUR NEAREST MEETING, CALL 08457 123 000 OR VISIT WWW.WEIGHTWATCHERS.CO.UK