



winning Pinnacle Arkose Three 2015 drop-bar cyclocross/gravel bike.
Evan Cycles: www.evanscycles.com
Scottish Cyclocross: www.scottishcyclocross.org.uk

RECUMBENT TRIKES

Cycling a laid-back recumbent bike or trike is an emerging trend in Scotland. Thanks to technological advances and a widening range of styles, they are increasingly catching on.

Ben Cooper, of Kinetics bike shop in Glasgow, said: "The one big advance has been folding recumbent trikes, which make them easier to transport and store. I am receiving greater demand for recumbents and especially trikes."

Kinetics: www.kinetics.bike
Laid Back Bikes: www.laid-back-bikes.scot

FOLDING BIKES

Perfect for commuters who need to use trains and buses, the folding bike is an attractive option.

Folding bikes have seen lots of improvements in recent years, such as more stylish looks, weight, extra gears and disc brakes.

In particular, the German-made Birdy has become more popular.

And Brompton, maker of the most recognisable folding bike, is the UK's largest bike manufacturer.

Birdy: birdybike.com
Brompton: www.brompton.com
Kinetics: www.kinetics.bike
WWW.FIONA OUTDOORS.CO.UK



DESIGN FOR LIFE
 Cyclocross, top, and foldaway

TAKE THREE

These all-in-one suits will keep children dry and warm on cold, wet winter days

SAVE

Trespass Button rainsuit
 Waterproof and breathable rainsuit for kids with hood, elasticated cuffs, ankles and waist and full-length zip. Sizes two to eight years. **£26.99**, www.trespass.com



SPEND

Patrol Chillipup II Suit
 Fleece-lined for toastiness and created with soft-touch, four-way stretch OtterTex 1000 for great waterproofing, the Chillipup also looks fantastic. Size 0 to four years. **£68** from spottyotter.co.uk

SPLURGE

Polarn O. Pyret Waterproof overall
 Wind and waterproof, breathable and with a removable fleece lining and detachable hood for ultimate versatility in winter. Unisex design for kids aged two to eight years. There's a baby version too. **£95** from polarnopyret.co.uk



KEEN ON NEW BOOTS

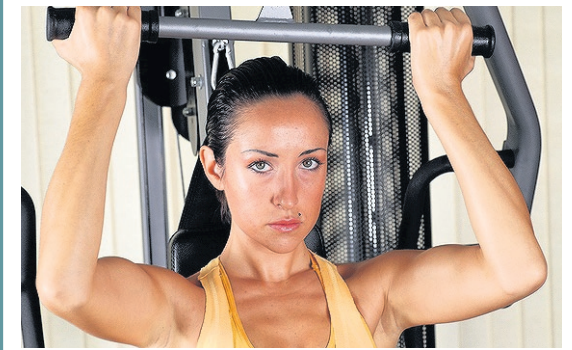
Outdoor footwear brand Keen have launched a new trail hiking boot, the Durand Mid WP.

As usual, the styling is funky while all the practical features are ticked too.

Keen Durands, for men and women, are waterproof, grippy, durable and comfortable. Priced **£139.99** from www.keenfootwear.com



BODY AND MIND



PULLING POWER Banish back flab for party season
The little black dress workout

I was shopping for a dress for my Christmas party and there seemed to be loads of backless styles in the shops.

To pull off this look effectively we want to flash some flesh instead of showing some flab.

Use these exercises to get that brilliant back in your LBD.

Lateral Pull Down

Hit this machine to shape up the area around your bra strap. Have a wide grip on the bar and pull it downwards, only until your elbows come to your ribs, then release slowly. For a step up, you can try doing a few pull-ups instead.

Reverse Row

This not only sculpts the upper back but improves your posture too. Hold on to the machine handles and pull the elbows back towards ribs, release



APRIL LOGAN

slowly. Ramp it up a bit by using cables or dumbbells instead.

Make sure you put on enough weight so that by the time you hit eight reps, you are struggling. Repeat for two to three sets.

Pilates Pointers

Lie face down on the floor, outstretch arms and leg, then lift opposite arm to leg a few inches off the ground. It strengthens the muscles around the spine.

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

GAVIN OATTES

I WAS JUST THINKING

To inspire requires something meaningful. Give someone a sense of purpose or belonging.

Ask yourself why you live the life you live. People who love their job have a sense of purpose and are more productive and creative.

They go home happier. It's all about the why.

@gavinoattes



THE DIET Christine Mitchell

I am sick of tasteless food and crave a takeaway. Can you suggest a tasty and quick alternative?

My members cook fakeaways. They taste the same as a takeaway but are much healthier.

My favourite is Salt & Pepper Chicken. Mix 40g flour, 1tsp five spice, 2tsp salt and 1tsp white pepper. Cube 22g chicken and cover it in the mixture. Fry this in a wok and add some garlic, chilli, spring onions and an onion. Cook until crispy. Serve with straight-to-wok noodles. It will take 10 minutes but tastes divine and is really healthy.

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