



WATER BOY
David Hine paddles the River Feshie, a tributary of the River Spey in north-east Scotland

LADIES FIRST

A new Scottish fashion-led women's cycle clothing brand is sponsoring a major mountain biking event. Findra is supporting the POC Scottish Enduro Series throughout the spring and summer of 2015. Designer and founder Alex Feechan was inspired to create Findra when she took up mountain biking three years ago as she was 'disappointed by the choice of women's mountain bike clothing'. Visit findra.co.uk and www.scottishenduroseries.co.uk

TAKE THREE..

Wrist-worn GPS-enabled sports watches to help you keep track of all your every training activities.

SAVE

TomTom Multi Sport GPS Watch
Fitted with QuickGPSFix technology and designed to be super-easy to use, the TomTom features an extra large high-res display. It weighs just 50g and is a useful device for runners, cyclist and swimmers. **£129.99, www.johnlewis.com**



SPEND

Suunto Ambit3 Sports Watch
This great-looking watch packs in lots of useful features for runners and cyclists including route navigation, compass, GPS altitude, heart rate monitor, speed, pace and distance. **£233.75, www.wiggle.co.uk**



SPLURGE

Garmin fenix 3 Sapphire Watch
A new product in Garmin's ever-growing GPS range, the fenix 3 boasts a sapphire glass lens, altimeter, barometer and three-axis compass, as well as a VO2 Max and Recovery Advisor and navigation aids. **£449.99, www.buy.garmin.com**



RUN FREE

Inov-8 has launched a new style of running pack that offers ultimate ease and comfort. The Race Ultra 5 and 10 boast a close-to-the-body fit that ensures stability and zero bounce when running. The vest-style pack has two adjustable front straps, two chest-side water bottles and eight pockets. Price **£110 and £120. See www.inov-8.com**



PACKRAFT

WHAT IS PACKRAFTING?



BACKRAFT David Hine with packraft in portage mode

Deflated lightweight rafts and four-piece oars are stowed in a rucksack when not in use. When adventurers reach water, such as a loch or river, they inflate the one or two-person rafts by manual pump. The boats take the form of a lightweight single-chamber craft. David Lintern said: "The boats are light and weigh just over 2kg when on your back. On the water, they are super-manoeuvrable and sit low so they are easy to paddle. "However, they can be very hard to propel in a headwind so the best conditions are paddling with the wind behind you. I love that the rafts allow you to journey very remotely and especially in Scotland as there are so many waterways between land and mountains." ■ To hire packrafts in Scotland, see www.backcountrybiking.co.uk

BOODY AND MIND



MONKEYING AROUND Gym monkeys love fun workouts

What creature of habitat are you?

When exercising, I often find myself people-watching.

It's amusing to identify the various types of exercise creatures. Which one are you? **Meerkats:** The sociable mob piling into their favourite fitness classes. Their habitat is usually the studio, where they can be found bouncing around to banging tunes.

Bison: Herd of big guys found in their usual habitat - the free weights arena. They mingle in small groups and share a similar interest in lifting barbells, dumbbells and anything heavy.

Cheetah: Spotted in their natural habitat of the urban jungle or the rural wilderness. They are seen sprinting on treadmills, along roads and up hillsides. They may not reach the 37.5kph of the real thing but they'll charge at their top speed.

Monkey: The fun bunch who love nothing better



APRIL LOGAN

than to play/train by swinging on a pull-up bar or TRX, throwing around a kettlebell or power bag and doing slightly off-the-wall workouts. **Sloth:** These creatures are found permanently on their phones in the gym. Their preferred habitat is in front of a mirror and they hardly move the entire time they are there. ■ **If you're interested, I think I'm a mix of bison, monkey and cheetah.**



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



Do you ever spend every Sunday dreading your Monday? Many worry about the week ahead and it's very unhealthy. If you're reading this and dreading your week ahead, ask yourself: do you want to feel like this? If not, maybe it's time to start something new and trust in the magic of new beginnings. @gavinoattes

THE DIET Christine Mitchell

I want my family to have a healthier diet. What can I give them for a treat rather than ice cream and sweets? Why not invest in a Frutello, which is a frozen dessert maker. It looks and tastes like real ice cream and is a delicious treat towards your five a day. I buy frozen bags of fruit and empty them into this machine. You can also mix yoghurt through it so it's more like ice cream than sorbet.

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