

3 more thrills

Bungee jumping
Jump from Garry Bridge on the Highland Fling Bungee and plummet 40m at 50mph towards the River Garry in Killicrankie, Perthshire.

Or leap 50m from the iconic Titan Crane at Clydebank, Glasgow, for a thrilling 50mph plunge towards the River Clyde. www.bungeejumpscotland.co.uk

White-water sledging
Negotiate strong currents, waterfalls and rapids in a heart-racing session on the full-on Meig Gorge, Ross-shire. www.boots-n-paddles.co.uk

Zorbing
Take a wild and bouncy roll down a Scottish hillside in a large inflatable ball. See zorbingscotland.com

5 MORE COMPANIES FOR EXTREME FUN

- G2 at www.g2outdoor.co.uk
- Canyoning Scotland at www.canyoningscotland.com
- Boots 'n' Paddles at www.boots-n-paddles.co.uk
- Splash at www.rafting.co.uk
- Hebridean Pursuits at www.hebrideanpursuits.co.uk

TRI THINKING OUTSIDE THE BOX

An innovative new Triathlon Box will take the sweat out of the multi-sport races. The box has been designed to fit in all the many items of race kit. There is a place for the lot including wetsuit, goggles, sunglasses, suncream, trainers, bike shoes, water bottle, energy gels and more. And the box fits on top of a bike for easy transportation to race transition zones.



Inventor John-Paul Ashton said: "I was fed up with carrying lots of bags and bits and pieces to races. "The Triathlon Box has a place for everything and in one convenient place." Visit triathlonbox.co.uk

BODY AND MIND



TONED We have to put in the work before the holiday

Luscious legs

When we hit the foreign beaches and visit exotic clubs, we want to get our suntanned pins out.

To ensure they look luscious, put in the work before we fly and keep them in shape while away.

Prepare: Before the holiday by doing a mixture of conditioning and cardio to tone and shape the muscles, plus burn off excess body fat.

Do your weights first, then cardio second. Lunges and squats with heavier weights, where you can only do up to eight to 10 reps x two sets.

Then follow up with running, cycling, swimming, spin or any sweaty, jumpy fitness class.

Try kick-boxing training because this is amazing for shaping the legs and cardio fitness. Circuit-based training is also a superb combination of toning and fat-burning exercise.



APRIL LOGAN

Upkeep: Get walking on holiday, whether it is a power walk along the beach or a pre and post dinner stroll. Swimming in the pool will not just cool you down but keep those lovely legs in great shape.

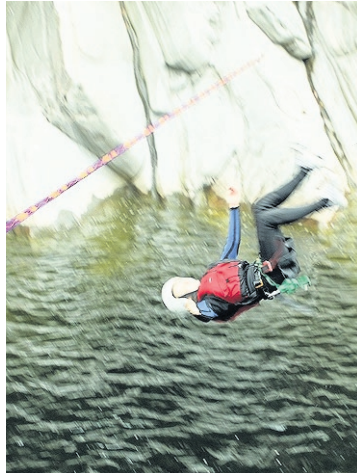
If you are brave enough, do an early morning beach circuit of squats, lunges, bridges and short sprints to tighten the legs and bum and burn off the drinkies from the night before.



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



GRIPPING
Aqualining on the Garry



DANGLING
A new perspective on river crossing

SOAKERS



OVER THE EDGE
Plucky Caoimhe heads for the unknown

White water tubing

"Not for the faint hearted" it reads in the description of white water tubing and "only for people confident in water". Joe and Caoimhe confessed to a huge sense of trepidation as they pushed their large inflatable tubes into the River Tummel in Perthshire.

The session took place on a Saturday when a dam above the river is released and produces fabulously fast-flowing white water. The dad and daughter journeyed around 1000m through natural rapids, shoots and slides and over waterfalls and drops.

Joe said: "This trip was amazing and such a huge buzz. It felt like we were out of control but in a brilliant way."

"I couldn't believe what we took our tubes through and there were some drops where you need to hold on tight so you don't fall out of the tubes."

"It was an amazing experience and one that Caoimhe and I will be talking about for years to come."

"I had no idea Scotland could offer such a big rush of adrenaline."

■ See www.naelimits.co.uk

TAKE THREE..

Summer is perfect for multi-day walking or cycling. Choose a tent light enough to carry and big enough for one or two folk.

SAVE

Eurohike Backpacker Tent

Quick and easy to pitch and with good head height at one end, this is a great starter tent. It weighs a little less than 2.5kg, £40, www.millets.co.uk



SPEND

Vango Helix 200

At just 1.85kg, this is a tent that will be light enough to pack in a rucksack. It is also roomier inside than many others, £110, www.vango.co.uk



SPLURGE

Jack Wolfskin Exolight II

Weighing just more than 2kg, and 1.76kg stripped down, the cleverly designed tent is very quick and easy to put up and room enough for two people, even if you're 6ft, £400, www.jack-wolfskin.co.uk



READY STEADY GALLOPING TO SUCCESS

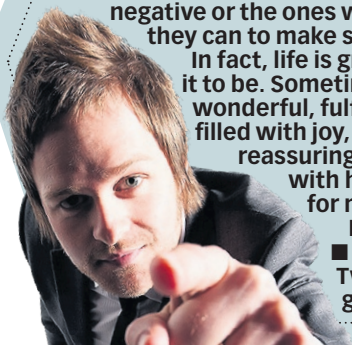
The streets and open spaces of Hamilton and South Lanarkshire have been lined with multi-coloured Clydeside horses. The free open-air art display is called Ready Steady Gallop and the horse sculptures, on display all summer, have been painted by local artists and sponsored by businesses. Led by Hamilton BID and in partnership with Wild in Art, the event will raise money for local charity the Kilbryde Hospice. For more details, see www.readysteadygallop.co.uk

GAVIN OATTES I WAS JUST THINKING

There are two types of people in this world. The ones who focus on the negative or the ones who do everything they can to make sure life is good.

In fact, life is great if you choose it to be. Sometimes it is magical, wonderful, fulfilling, inspiring, filled with joy, energising, fresh, reassuring, fun and packed with happiness. That, for me, is real life.

Make the choice. ■ Follow Gavin on Twitter @ [gavinoattes](https://twitter.com/gavinoattes)



THE DIET Christine Mitchell I can't stop thinking about food! It is on my mind constantly. What can I do to stop this?

Hedonic hunger is eating for pleasure rather than to satisfy a biological need and, as our environment is filled with readily-available food, we can give in at any time. Sort your surroundings so that you're eating healthily. Address the emotion too. Are you bored, lonely or angry when this happens? Your brain needs a distraction.

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