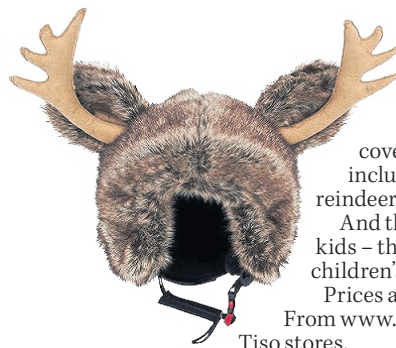


## SHOW OFF YOUR INNER ANIMAL



Turn a boring ski helmet into something altogether more fun with a Headztrong cover. Headztrong helmet covers come in 11 designs, including snow bunny, husky, reindeer and polar bear. And they are not only for the kids – the covers fit adult and children's helmets. Prices around £35.

From [www.headztrong.com](http://www.headztrong.com) and Tiso stores.



**MAKING WAVES**  
Pinkston, below, welcomes all levels of kayakers to the centre, from experts to beginners



# THE CITY



**TEAMWORK**  
Fun sessions include descending the rapids on inflatable rafts

Glasgow Kayak Club or Monklands Canoe Club, and attending their regular booked sessions.

West Coast Paddlers hire Pinkston the first Wednesday of each month and offer white-water sessions for £5 to club members and non-members.

Richard said: "So long as people are confident in the water and at paddling, we are happy to give them a go on the white-water course."

"It's really safe but we have other club members on hand to help anyone if they tip out of the boats."

"It does take guts to look at the fast-moving water and then take the first strokes into the frothing current but it's brilliant fun too."

"In our three-hour session you can paddle the white-water course up to 20 times. We also have sessions where we descend the course in big inflatable rafts for even more fun."

"Where else can you paddle such exciting white water so close to a city in Scotland and on a dark evening in the winter?"

[WWW.FIONAOUTDOORS@AOL.COM](mailto:WWW.FIONAOUTDOORS@AOL.COM)

## TAKE THREE..

Active waterproof jackets.

### SAVE

**Kalenji Eliorain Running Jacket**  
Waterproof, including zips and a mobile phone pocket, as well as breathable. The jacket also has a hood and a neat, zip-to-the-side front fastening. £44.99, [www.deathlon.co.uk](http://www.deathlon.co.uk)



### SPEND



**Keela Saxon and Storm jackets**  
Vey lightweight, yet still highly waterproof, windproof and breathable. The hooded Saxon jacket is for men while the Storm is designed for women. Keela are a Scottish brand. RRP £74.95, [www.keela.co.uk](http://www.keela.co.uk)

### SPLURGE

**Gore Mythos 2.0 Gore-Tex Active Jacket**  
Made of highly praised Gore-Tex Active fabric, it is super waterproof and breathable. Reflective. £219.99, [www.goreapparel.co.uk](http://www.goreapparel.co.uk)



## HOP ACROSS TO RABBIT HILL

A new purpose-built skills park in Stirlingshire has been officially launched. The Aberfoyle Bike Park has a network of interlinked trails and includes fun skills features such as a rock garden, skinnies, drops, jumps and berms. It is located on a small hill – Rabbit Hill – looking south over the River Forth and accessed on National Cycle Route 7, close to the Scottish Wool Centre. Sandy Slater, of Bike Trossachs, says: "The facility is aimed at helping people, children in particular, to develop off-road skills on a designed trail before they venture out on to the natural trails that surround Aberfoyle." See [biketrossachs.org.uk](http://biketrossachs.org.uk)

## BODY AND MIND



**FUN** Enjoy Halloween with children the healthier way

## Trick or treat yourself trim

Halloween is almost upon us and if, like me, you have children, you will already be getting ready for a party or the stream of trick or treaters on the night.

It should be fun but often Halloween is just an excuse to overindulge.

Research shows we eat an extra 1000 calories on the night.

Now that is far more frightening than the spooky costume you planned to wear.

Here is my Halloween rescue package so you can relax and just enjoy the fun. **Party games** – Plan some party games for your guests so you keep active throughout the night.

**Apple ducking** – It's a healthy alternative to the toffee variety.

**Treasure hunt** – Have the kids run around the garden with toys as prizes instead of sweets.



**APRIL LOGAN**

### Trick or treat bags –

Use these instead of having bowls of sweets on display. Make up party bags with small toys and some healthy alternatives, such as popcorn, satsumas, yoghurt raisins and home-baked Halloween muffins, as home-baking usually contains less sugar and additives.

**Go out trick or treating** – Take the kids out and about as you will all enjoy the walk and avoid just sitting eating goodies at home.



FOR INFORMATION AND ADVICE FROM APRIL, VISIT [WWW.PERSONALTRAININGSCOTLAND.COM](http://WWW.PERSONALTRAININGSCOTLAND.COM) OR EMAIL HER AT [FITNESS@SUNDAYMAIL.CO.UK](mailto:FITNESS@SUNDAYMAIL.CO.UK) FOLLOW APRIL LOGAN @PTSCOTLAND

## GAVIN OATTES I WAS JUST THINKING



No matter what we do or where we go as a family, my two-year-old daughter has one stipulation – "Can I run around?" Maybe we should have the same concerns.

No worries about money, parking, time, etc, just pure and simple "Will it be fun?" Surely that's all that matters?

● Follow Gavin on Twitter @gavinoattes

## THE DIET Christine Mitchell

I'm trying to lose weight but my husband fries everything. I've tried making myself a separate meal but I always give in and steal his fried food. My members are all raving about having an Actifry. This uses a teaspoon of oil but gives the taste of deep fried food. For a snack, my members throw in carrot batons, rather than potatoes, and make carrot chips. It may be something to think about if weight loss means a lot to you.

EMAIL YOUR QUESTIONS TO [DIET@SUNDAYMAIL.CO.UK](mailto: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](http://WWW.WEIGHTWATCHERS.CO.UK)