

REDDY FOR ACTION You need to be fast to catch squirrels mid-dash

UP FOR AN ADVENTURE

Enjoy an adventure programme offering the chance to try kayaking, canoeing, bungee jumping, a zip wire and much more at the Perthshire Adventure Festival, which takes place from June 13 to 15.

Also an inspiration programme entertains through chosen guest speakers, including Atlantic rower Calum McNicol and visually impaired climber Steve Bate.

■ For full details, see www.pkc.gov.uk/adventurefestival



FEEDING A PASSION
A male chaffinch with seed in its mouth, taken by Gillian Temple



SHOW ME THE HONEY
A bee is captured climbing into a flower



NOW YOU SEED My chaffinch snap

BIRDIES



WEAVE DONE IT
My spider picture

towards me with a seed in its mouth. Another photographer on the course captures a beautiful male chaffinch.

She even gets the chance to take snaps of the fast-moving voles, when two decide to play outside their burrows.

Modern digital cameras can store hundreds of photos and downloading these to a computer is very simple.

For enhanced pictures that are good enough to frame, there are all kinds of editing programmes, including Photoshop.

The Loch Visions day course includes tuition on opening, choosing, editing and even enhancing photos.

I had thought I would be lucky to have one good photograph to print but I found I'd snapped half a dozen.

The standard is a long way off Philip's award-winning pictures but far better than anything I have ever taken on automatic setting.

■ For award-winning Loch Vision Wildlife Photography course, see www.lochvisions.co.uk

TAKE THREE..

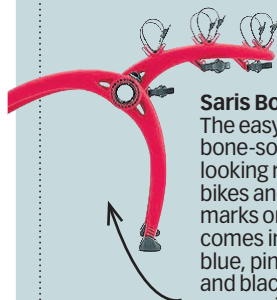
Bike carriers

The easy way to take up to three bikes on your car for all your cycling adventures.

SAVE

Automaxi Multi three-bike carrier

This carrier can be adjusted to fit all cars and will take almost every bike. It is very compact when stored, £49.99, www.decathlon.co.uk



SPEND

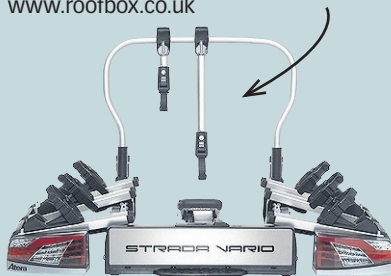
Saris Bones 3 Bike Rack

The easy-to-install, bone-solid, funky-looking rack takes three bikes and won't leave marks on your car. It comes in red, yellow, blue, pink, green, grey and black, £130.50, www.wiggle.co.uk

SPLURGE

Atera Strada Vario three-bike carrier

A tow-bar mounted three-bike carrier that is rated five-star by users. It's easy to attach to the car, lockable and has a clever tilting system so you can open the boot with bikes on board, £474.85, www.roofbox.co.uk



BIKES FOR TYKES

A new range of bikes created specifically for children has been launched by Sir Chris Hoy, right.

Our multiple world and Olympic champion track cyclist is behind the nine new bikes for age groups ranging from toddlers to road racing and track cycling nine-year-olds.

They are sold exclusively at Evans Cycles for £110 to £600.

■ See www.hoybikes.com/kids



BODY AND MIND



No rush to lose a mummy tummy

I am alarmed to see celebrities looking tiny within weeks of giving birth. To be frank, this is pretty unsafe and unrealistic, especially for everyday mums.

I am glad to say the experts, our midwives, support sensible weight loss and encourage you to focus on your new baby, instead of your skinny jeans. So what exactly is safe and sensible post natal fitness advice?

Timing - it is vital that you have your six week check and be guided by your health professional before embarking on any exercise regime.

Your body can take up to a year to recover from a birth, so why hit the gym like a crazy lady and risk damage?

Balance - start off gently and only exercise when you feel good and are not tired. Walking, swimming, Pilates, low impact classes and



APRIL LOGAN

maybe a lighter weights programme are good to start with. Short bursts to fit in with baby are more effective and easier to achieve. You can exercise at home or meet with other mums for a walk if you don't fancy the gym.

Nutrition and Rest - two vital ingredients to replenish energy levels, fuel up with regular healthy meals/snacks. Sit down/sleep when tired.

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

GAVIN OATTES I WAS JUST THINKING

Ever feel like there's too much to do and too little time to do it? Too many competing demands? You work hard but struggle to be productive? Ask yourself what you're really trying to achieve.

Write your to-do list, prioritise it and decide on what's really important.

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



THE DIET Christine Mitchell

I lost more than 2st and felt fantastic but a few months on, I don't feel that high any more. I have lost my motivation. What do I do?

Feeling good is not all about numbers. Have a wardrobe clear-out. Still wearing your old too-big clothes therefore missing out on compliments and showing off your fabulous new figure? Buy something in the next size that you would love to wear - it could well inspire you to get back on track.

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