

BODY AND MIND



WEIGHTY ISSUE Look to exercise to combat ageing

On right lines to beat wrinkles

How often do you spend a fortune on the latest cream in the hope that you return to the youthful looks of 10 years ago?

Instead, use exercise to turn back the clock.

Yoga – For rejuvenating body and skin, this is the exercise of choice. Regular yoga practice reduces cortisol levels linked to stress and removes toxins from the body that age the skin, while the meditation relaxes facial muscles and reduces wrinkles.

Weight training – We all age physically, most rapidly after 30 because the muscle and bone density reduces. But we can slow this down or reverse it by regularly lifting weights, as muscles and bones become stronger and the body looks toned and youthful.

Aerobic exercise – This gets the blood flowing, heart pumping and oxygen



APRIL LOGAN

racing around the body. Say goodbye to those ageing toxins, sweat yourself a clear complexion and fight ageing free-radicals and illness through a boosted immune system.

A healthy, balanced diet that's rich in good fats and drinking at least two litres of water per day are the other parts of the jigsaw.

So before you dig deep to pay for that expensive face cream, consider your lifestyle first.



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



Try to spend your entire day without complaining about one single thing. Make a conscious effort with this and you will be amazed at how you feel by the end of your day. It takes real effort and energy to remain positive about everything. Try it, it's infectious too.

Follow Gavin on Twitter @gavinoattes

THE DIET Christine Mitchell

I have been a comfort eater all my life and turn to food when I am not happy. This has left me with over 5 stone to lose. What can you suggest? Label your emotion. If it's boredom find something to fill your time. If lonely phone a friend, if stressed book a facial or massage. Eating doesn't change life. You're still bored or stressed after eating chocolate but you're disappointed too. Food is fuel. True comfort never comes in a wrapper.

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



FRIENDLY CONTEST Brothers Bailey and Elliot Chohan love to race at the Stirling junior parkrun



PROUD The Chohan boys get their bands



BACK TO BASE-IC

Whether you walk, ski, cycle or roller blade, you'll benefit from a good quality baselayer as the temperatures drop.

Helly Hansen's new Warm Flow Hoodie offers both warmth and moisture management.

The long-sleeved top combines Lifa "stay dry" technology with merino wool.

The tops, in different designs for men and women, also looked pretty funky. These cost £95 at shop.hellyhansen.com

TAKE THREE..

The cyclocross machine blends road racer with mountain bike to offer a great ride on mud, trails and pot-holed roads.

SAVE

Raleigh RX Elite Cross Sora 2014 Aluminium alloy frame and fork combines with Shimano's budget-friendly Sora groupset and RSP CX1.0 cyclocross wheels to create an entry-level bike with great touches, £520, www.wiggle.co.uk



SPEND

On-One Dirty Disco Carbon Cyclocross A full carbon cyclocross bike with forks that have disc brakes. The drivetrain is SRAM Rival while the wheels are WH-RX05 £1199.99, www.planetx.co.uk



SPLURGE

Trek Crocket 9 2015 Cyclocross Bike A top-of-the-range thoroughbred racing machine version of the cyclocross bike that was designed to tick all the must-have boxes of US World Cup champ Katie Compton, £3750, www.evanscycles.com



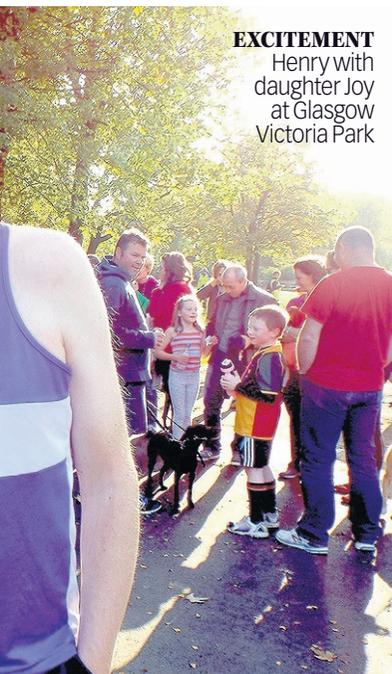
BAG PLACE IN MUNRO CLUB

A new Facebook group called Munroaming has started to attract a keen following of mountain walkers. The group is aimed at Munro baggers and provides a place to arrange meet ups and offer advice and tips. There have already been several group Munro walks and membership is growing each day. To find out more or to join the "closed" group, see www.facebook.com/groups/munroaming/

THE PARK

EXCITEMENT

Henry with daughter Joy at Glasgow Victoria Park



of the junior event because you can really push yourself all the way and it's with your friends."

Stirling's Junior Parkrun was the second event for Scotland with 15 races so far. The biggest turnout has been 95 runners.

Brothers Bailey and Elliot Chohan have been there since the start and recently became the first to win their blue half-marathon wristbands.

Scotland's third Junior Parkrun starts in Glasgow's Victoria Park on Sunday October 12 at 9.30am.

Dad and daughter Henry and Joy Fairweather took part in a trial event.

Henry, who also trains with the Bellahouston Road Runners, said: "As a family with four children we have become regular participants at the Pollok parkrun for adults on Saturdays."

"It's one of the few things we can do all together and it's become part of what we do as a family each weekend."

For more information about Parkruns and how to register, visit www.parkrun.org.uk www.fionaoutdoors.co.uk