



More lessons in the great outdoors

For individual and school-based outdoor learning concepts, check these out.

- The Outward Bound Trust – An educational charity that uses the outdoors to help develop young people from all walks of life. For info, visit, www.outwardbound.org.uk
- Learning through Landscapes – For primary school children in and around Edinburgh. www.ltl.org.uk
- Forest School – Hands-on learning experiences in a local woodland environment. www.foresteducation.org/woodland_learning
- Family bushcraft – Many outdoor providers offer bushcraft days tailored for families, including www.wildwoodbushcraft.com, www.bushcraftventures.co.uk, www.taylormadeadventures.co.uk
- Green Aspirations – Workshops and fun days out in the outdoors environment. www.greenaspirationsscotland.co.uk

Children have the chance to learn bushcraft skills in the outdoors in a fun and exciting environment, as well as getting to know the unrivalled beauty of our stunning landscapes.



enjoyed it, too. He is only five years old.”

Olivia’s mum Sophy believes the Academy will be beneficial for both children and parents.

She said: “As parents, many of us have concerns about whether children are getting enough exposure to nature and the outdoors.”

“I was really pleased Olivia enjoyed her Adventure Academy day so much.”

“It also gives us new ideas about what we can do in our free time and I think it really widens the kids’ horizons.”

“Some of them looked quite tired when they had finished – but happy.”

■ The first Wilderness Day dates are October 13, 16, 20 and 23. Visit www.naelimits.co.uk/wee-limits for further details.

WWW.FIONAOUTDOORS.CO.UK



ROAD SENSE

Darker mornings and evenings mean that increased visibility for cyclists is a must.

A cycling jacket that is hard to beat is Proviz’s REFLECT360.

It’s claimed as the world’s first cycling jacket with a 100 per cent reflective outer shell.

The jacket is also waterproof and highly vented and comes with an inside chest pocket and large back pocket.

REFLECT360 is sold in men’s and women’s cut for £79.99 from www.provizsports.com

TAKE THREE..

Wild camping in winter – why not? Just make sure you have a cosy sleeping bag with a three or four-season rating.

SAVE

Highlander Serenity 350 Sleeping Bag

A budget-conscious, back-to-basics bag with a double layer construction and synthetic insulation for a comfort temperature of –2C, £31.99, www.traveloutdoors.co.uk



SPEND

Snugpak Softie Technik 4 Sleeping Bag

A UK-made mummy-style sleeping bag that offers a comfort rating to –10C. Filled with Snugpak’s own Softie insulation, the bag also features a hood and a compression sack, £145, www.simplyhike.co.uk



SPLURGE

Mountain Equipment Glacier 750 sleeping bag

This bag is designed in a men and women’s fit and offers outstanding four season warmth to –5C and in more extreme conditions. Insulation is high quality down with an all-round baffle construction and highly water-resistant outer fabric, £420, www.tiso.com



WALK ON THE CITY’S WILD SIDE

A new social media campaign is encouraging city people to enjoy more wild times. Tiso Glasgow’s #1HourWilderness calls on people to post a video or photo on Twitter or Facebook of their adventures within an hour’s travel of the city. The images and videos will be compiled into films and media outputs to connect the public with the wild areas near Glasgow. See facebook.com/TisoGlasgow and @GLA_OutdoorEXP on Twitter for more details.

BODY AND MIND



SNIFFLES Activity can help by clearing the airways

Exercise not to be sneezed at

I am often asked the question, should I exercise when I have a cold?

It depends on the severity of how you are feeling and how it is affecting you.

Sniffle – If you simply have a snuffly nose, exercise might actually be beneficial. Walking, jogging or an exercise class can clear the airways to help you breathe and you may feel a little better, as the body releases happy hormones during exercise.

Fever – If you are running a fever, feel a bit shivery or achey, the immune system is fighting an infection or virus, so avoid exercise.

Exercising reduces the body’s ability to fight off the infection, so you will take longer to recover or feel worse. Have a hot bath, add some Epsom salts and get an early night.

Headache – This can often be the result of



APRIL LOGAN

dehydration, therefore, try getting two litres of water on board. If the headache clears, then hit your gym session. If it doesn’t, then avoid exercise, as this will dehydrate you even more.

Hit the sofa with a hot cinnamon or chamomile tea and relax fully.

Gyms are sweaty and hot, perfect breeding grounds for germs, so if you feel poorly, it’s maybe not the best place to be until you’re fighting fit.



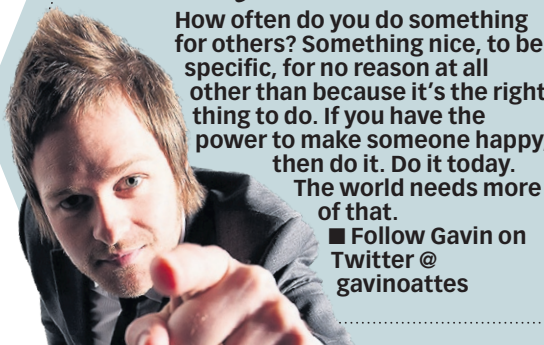
FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER.AT.FITNESS@SUNDAYMAIL.CO.UK FOLLOW APRIL LOGAN @PTSCOTLAND

GAVIN OATTES I WAS JUST THINKING

How often do you do something for others? Something nice, to be specific, for no reason at all other than because it’s the right thing to do. If you have the power to make someone happy, then do it. Do it today.

The world needs more of that.

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



THE DIET Christine Mitchell I have heard that high protein diets are the way to lose weight. Is this true?

A recent study showed that those eating a diet high in animal protein were four times more likely to contract cancer than those eating one low in protein. They recommend consuming about 0.8g of protein per kilogram of body weight per day in middle age. A balanced diet remains the best option for health.

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