



"I can see SkiMo growing ever bigger in Scotland, especially if the good snow continues to come."

Di is also excited about the future. She said: "What has been so good to see is the grassroots growth of SkiMo in Scotland."

"It has attracted a diverse range of people and we've now been represented at numerous European races."

"We make sure our events are not just about the racing. They have a real party feel to them."

"This coming season, weather permitting and fingers crossed, we hope it will be even more successful than previous years."

■ See www.skimoscotland.co.uk
 Also check out the SkiMo Scotland video by Morrocco Media.
<http://vimeo.com/110164929>
www.fionaoutdoors.co.uk



N-ICE MOVE
 SkiMo is a mix of downhill skiing, touring and climbing skills



RUN FOR IT

A new off-road winter running series called FoxTrail has been launched in East Lothian.

Four races, between 10k and 20k, take place this month and from January to March.

The February 20 event will be a night run through muddy Hedderwick Hill Woodland. Head torches are essential.

See www.foxlake.co.uk

TAKE THREE..

Wear a baselayer next to the skin for the best core body temperature control.

SAVE

Crane Outdoor baselayer set
 Lightweight and comfortable, this long-sleeved top and leggings set is a great purchase and part of the Aldi Special Buys range while stocks last. £9.99, www.aldi.co.uk



SPEND

Breakout Matterhorn merino baselayer top
 Designed for men, this long-sleeved top is created with warming and whiff-proof merino wool. It's great for regulating body temperature and naturally wicking away moisture. £29.99, www.chelstondirect.com



SPLURGE

Icebreaker Pace half-zip baselayer top
 Heavier weight 200g merino wool is ideal for winter. This sees off sweat, keeps you warm and comfortable and, if you need more ventilation, has a handy neck zip. £90, uk.icebreaker.com



WRAP UP IN ECO INSULATION

Down specialist Yeti have created the first jacket made from an eco-friendly nylon.

For years, the textile industry has been trying to develop plant-based nylon instead of fabric made with fossil oil.

The new insulated Yeti jackets, Made for men and North for women, are priced £380 from www.yetiworld.com



BODY AND MIND



STEP TO IT Aerobic classes can help to tone up legs

Start off party on right foot

Now that the party season is approaching, we will be choosing a gorgeous sparkly dress and a pair of sassy high heels.

To complete the look we will need the ultimate accessory – perfect pins. Here is the plan.

Step into action – go to step class, as this is a fitness class that targets all the muscles in your legs and your booty. You'll also work up a sweat and burn off excess body fat.

Raise your game – do some heel raises to shape up your calf muscles. Simply stand with feet hip-width apart and lift both heels off floor. Add a weight in each hand for faster results.

Speed up your success – go for a run and add some hills in to



APRIL LOGAN

make those limbs work harder or, if it's too nippy outside, run up and down the stairs in your house.

Now that you have put in all that hard work, go book yourself a spray tan to really show off those luscious lean legs.

Slip into your party dress, don those skyscraper heels and strut into the party like a supermodel.



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

It's amazing how many people are making plans for 2015 already – the type of plans that will improve their health and change their lives. That's weeks away. How big a difference could you make in the time

between now and 2015? Why don't you find out and start 2015 on a high.

● Tweet Gavin @gavinoattes



THE DIET Christine Mitchell

Plain chicken and meat are so boring. Are there any sauces with a low Pro Points value?

Rhubarb chutney has a zero Pro Points value. Put 600g rhubarb, 100g onion, 4tbsp artificial sweetener, 3tbsp vinegar, a chilli, 1tsp ginger and salt in a large saucepan and bring to a boil. Reduce heat and simmer, uncovered, until rhubarb is tender. Remove from heat and let cool; stir in coriander. Store in refrigerator for up to a week.

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