



GOOD CLAUS
Helen and John made the Santa Dash one of their daily runs

CYCLE BY MOONLIGHT

Entries for the Dunoon Full Moon Ride starting in Glasgow next July 4 have opened this month. Riders will reach Dunoon, Argyll and Bute, for sunrise at 4.38am, dunoon Dynamo.wordpress.com



TAKE THREE..

Choose winter boots that can deal with the worst of winter's snow, rain, sleet and ice.

SAVE



Trespass Zima Women's Lace-up
The faux fur trimmed Zima boots promise warmth and waterproofing. Robust soles keep you upright on snow and ice. £20.99, www.trespass.com

SPEND

The North Face Men's Chilkat II Luxe
An upgraded boot to keep feet even warmer. Heatseeker insulation promises toasty feet even at -30C. £79.95, outbacktrading.co.uk



SPLURGE



Merrell Women's Natalya Waterproof Cinnamon boots
Great style meets hiking boots. Waterproof and very warm the boots also boast comfy Ortholite anatomical footbed and super grippy rubber sole. £175, www.merrell.com

ICE SAY, UP FOR A CHALLENGE?

Sportswear company Helly Hansen have unveiled a Winter Duel component of its Gone On My Catwalk app. Winter Duel mode allows users to challenge Facebook friends or athletes from around the world to a five-week competition. Winter Duel is built for sports fans who want to push harder and run further. The new app tracks distance, time, weather and routes. The feature will be available on the Catwalk app until February, www.hellyhansen.com/winterduel

THE RUN

Santa Dash, which is next Sunday, one of their runs. You can join in and support Sunday Mail Centenary Fund at www.glasgow.gov.uk/santadash.

She said: "John is a faster runner than me and we usually run separately. But during Marcothon, we often run the three miles together."

Marco and Debbie will be out running the distance every day come rain, snow or shine.

Marco, an IT analyst, said: "Since that first year, I have come to rely on our Marcothon for a mid-winter running challenge."

"This year, I will try to do on average eight miles each day, although some days I will do less."

Christmas time is always busy and Debbie and I have a five-year-old son, so we need to fit our running around him.

"While three miles doesn't seem like much to us when we normally run such long distances, it still takes determination to go out daily."

"That's why I think Marcothon has captured the hearts of so many people."

● If you'd like to take up the challenge, you can join Marcothon on Facebook. WWW.FIONA.OUTDOORS.CO.UK

WALKUMENTARIES

Footwear brand Hi-tec have created a series of Walkumentaries to inspire more people to walk and follow their dreams.

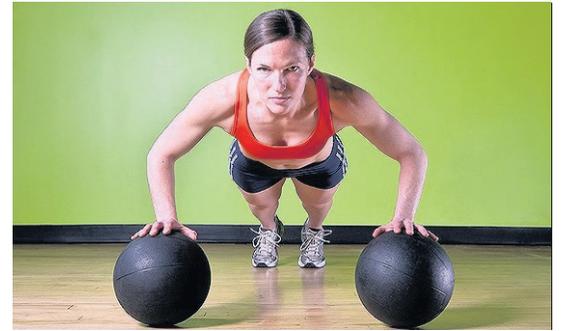
The first short film is about filmmaker Jon Beattie, who created Pharrell William's 24-hour music video, Happy. See Hi-Tec Walkumentary Series on YouTube.

KEEP WINTER OUT
Sprayway have launched a waterproof jacket to combat the Scottish winter.

The Pandora - for women - and Zeus jackets are made from three-layer Gore-Tex shell fabric. Features include an inner security pocket and helmet compatible hood.

It costs £260 from most good outdoors stores or www.sprayway.com

BODY AND MIND



XXXXX

Having a ball is best medicine

My favourite tool in the gym for an abs workout just has to be the medicine ball.

It is dynamic and challenges all the abdominal muscles at any fitness level. Try this routine for a cracking core.

Knee touches - Lie on your back, medicine ball at your chest, feet flat on floor. Raise chest towards your right knee and touch knee with medicine ball, lower back to floor, then repeat to your left knee. Want more of a challenge? Take the medicine ball to your toes instead.

Twists - Sit on the floor facing forward with back straight, feet flat on floor and holding ball at chest.

Twist to right and touch medicine ball on floor, return to face forward, then repeat to left. Want to step up the workout? Lean back slightly, lifting feet off floor a few inches.



APRIL LOGAN

Leg lowers - Lie flat on back, arms out to side, knees above hips and gripping medicine ball between knees.

Slowly drop heels towards floor, keeping your lower back pressed to floor, the raise back to starting position.

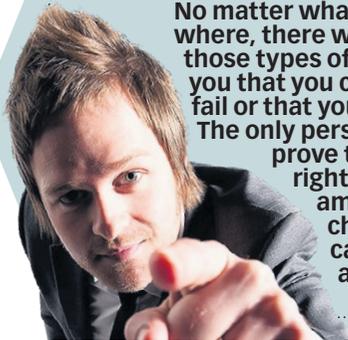
Want to work a little harder? Now twist the knees over to your right, then left, keeping shoulders on the floor.



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

No matter what you do or where, there will always be those types of people who tell you that you can't, you'll fail or that your idea is stupid. The only person who can prove them wrong or right is you. It's amazing what a change of mindset can help you to achieve. Go for it. @gavinoattes



THE DIET Christine Mitchell
I lost 2st and feel amazing. I haven't had a drink since losing weight and this week I have a cocktail party. I am really worried. What can I do?

Drinks containing different liquors tend to have a higher Pro Points value. A strawberry daiquiri has a Pro Points value of 4 as there is only one measure of vodka. Look for cocktails similar to this. And you can slow down your drinking by talking.

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