



FOR THE DOG

Mountain Paws Hot Dog Portable Bowl folds up in your rucksack. When your dog needs a drink or a bite during a walk, pop it out. **£7.20, www.goutdoors.co.uk**



Let your dog carry its own food and water – although never more than 25 per cent of bodyweight – with a Ruffwear Approach Pack. **£84.99, www.ruffwear.co.uk**



OXELO FIT 3 Inline Skates for the junior skater in your life. **£29.99, www.decathlon.co.uk**



BLAIR'S FLAIR

Teenage cable wakeboarder Blair Fraser has been snapped up by sponsors after becoming a national winner.

Blair, 16, of Edinburgh, was crowned 2014 UK Grass Roots Tour champion and is now supported by Hyperlite wakeboards and Mystic wetsuits.

The Glenalmond College pupil only took up cable wakeboarding two years ago at Foxlake Adventures, East Lothian, but has quickly shown an amazing talent.

Dad Gordon said: "It was a great win for Blair because he gets very little water time compared to his peers in England."

Blair said it was a great confidence booster to be named season champion.

The result is also good news for Foxlake, Scotland's only cable wakeboarding centre.

Manager Callum Mark said: "We are delighted with Blair's win and it's thoroughly deserved."

FAMILIES GET ACTIVE

A new SYHActive Day will take place on April 18, 2015, at Rowardennan Youth Hostel on the shores of Loch Lomond.

This event is to encourage families to try a range of outdoor activities. It will include a sponsored outdoor challenge, comprising a 10-mile walk/run round the shoulder of Ben Lomond followed by a 34-mile cycle. Visit www.syha.org.uk/syhactive

BODY AND MIND



Fit kit's great for the whole family

Trying to buy a present for your favourite gym bunny or fitness fan but struggling for ideas?

Try putting these on your Santa Shopping List. **Stocking fillers:** Water bottles are fab as you can pick these up for buttons at sports shops or online.

Running socks are a superb gift as they stop uncomfortable blisters when pounding the pavements.

A pedometer is a perfect present for anyone starting out in fitness.

Elf's picks

A sports bra is a great gift for the ladies, but make sure you get the right size, as a good fit is essential.

Fitsip water holder is a super buy for anyone who is into outdoor sports, as it fits snugly on the arm.



APRIL LOGAN

Santa's choice

A heart rate monitor is great for any fitness keen bean, as it allows you to set goals and track progress.

Gym membership is a life-changing gift and you can pick these up from the budget gyms.

Personal training sessions are a brilliant buy for people at all levels of fitness, from the beginner to experts wanting a challenge.



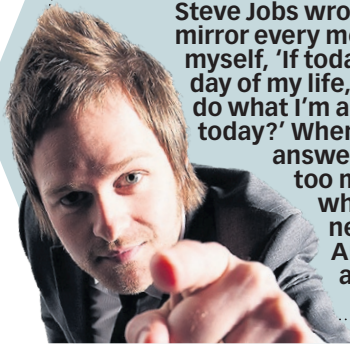
FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER AT FITNESS@SUNDAYMAIL.CO.UK FOLLOW APRIL LOGAN @PTSCOTLAND

GAVIN OATTES

I WAS JUST THINKING

Steve Jobs wrote: "I look in the mirror every morning and ask myself, 'If today were the last day of my life, would I want to do what I'm about to do today?' Whenever the answer's been 'no' for too many days, that's when I know I've needed a change." Are you in need of a change?

@gavinoattes



THE DIET Christine Mitchell

I always overindulge massively at Christmas and start the year with an enormous weight gain. How much do I have to move to offset what I eat?

What you burn depends on your weight and effort you put in. You may get a shock at just how much you have to move though. Two Pro Points (or 30 mins medium intensity) would earn a single gin and tonic. It's very hard to out-train your fork. Make wiser food choices as well and that's the key to success.

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



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