'Tis the season to take advice

So much fun in great outdoors

Yaz Basan runs WildernessFit, for physical and mental health

Getting outdoors is so important and there's so much we can do there, as well as walking, hiking and running.

I run well-being retreats with a holistic approach offering wild fitness sessions, yoga, mountain days, foraging, fermentation, recipe creation using locally grown produce, diving and snorkelling, massage, wild dooks and saunas.

These are in a variety of stunning locations on the west coast and the Cairngorms, allowing everyone to benefit from the stunning landscape of Scotland.

As well as all women retreats I also do mixed gender mental health festivals under my social enterprise banner "wildernessfit mental health CIC", which is a retreat like no other. We host three transformative festivals each year, focusing on mental well-being and community support.

These mixed-gender retreats are designed to be accessible to all, with subsidised spots available by application to ensure financial barriers don't stand in the way. Mental health and well-being are deeply personal to me, and through these festivals, my skilled and compassionate team and I aim to create a lasting positive impact.

www.wildernessfitretreats.scot/ @wilderness_retreats

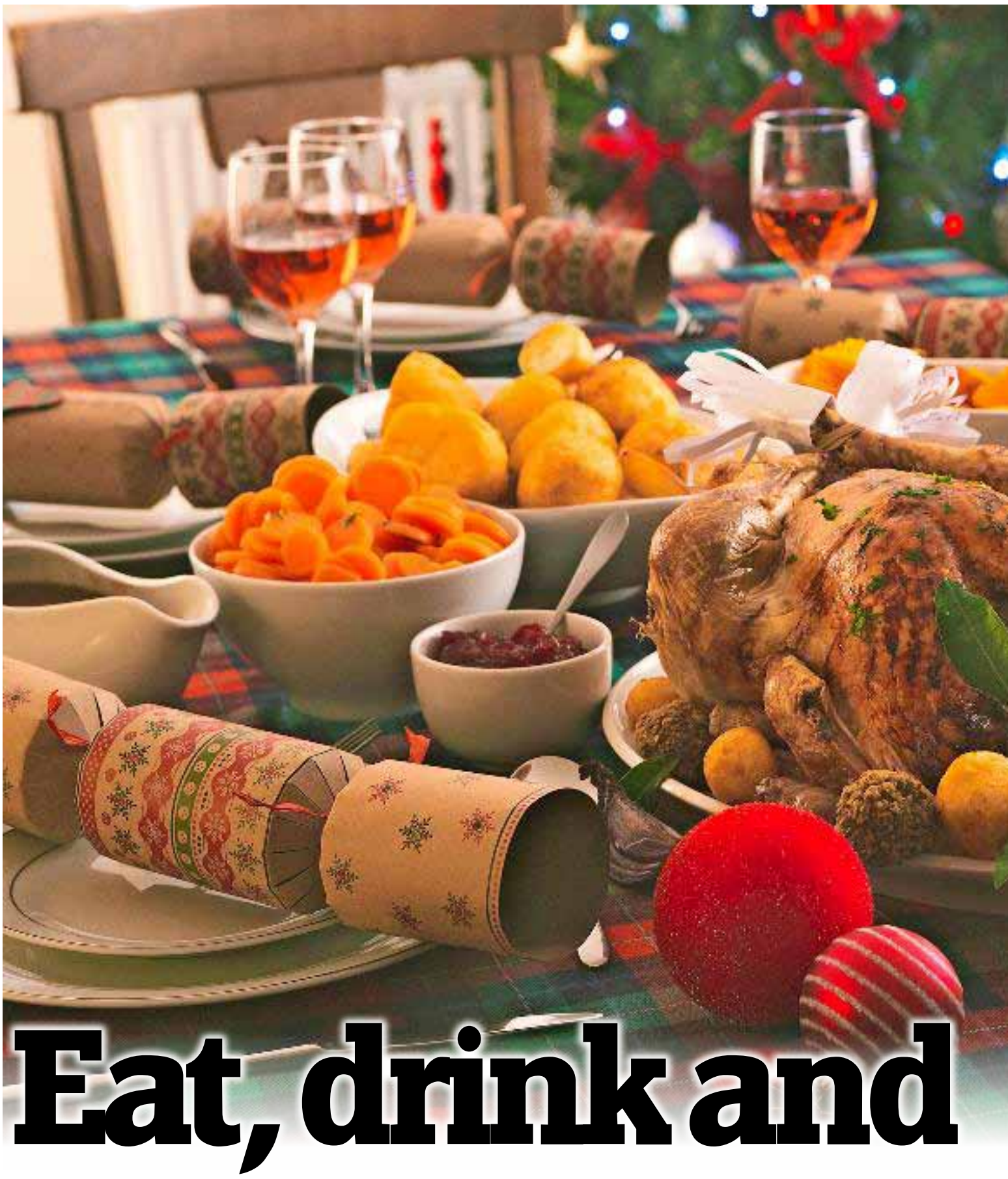
Breathe easy for a healthy mind

Meg Somerville, meditation, mindfulness and gentle yoga teacher

If you get the mental wellbeing sorted, physical movement will follow, so begin to take 3-5 minutes to meditate - I find the best time is in the morning before the mind gets busy with things to do lists.

There's a mediation on my website called the 3-minute breathing space and it's a good place to start. It's also good if you are overwhelmed and need to settle the mind down. There's no need to do crazy aerobic exercise as we age, just get out of your chair. How about using that getting out and in of the chair as a set of three squats, strengthening up your legs? The benefits of walking - if you can't get outside can you walk around your house? If meeting friends for coffee, can you walk and then coffee? If you drive, park a wee bit further away from where you're going. In the shopping centre take the stairs up and down. And breathe - long deep breaths are calming for the body and mind.

www.megsmindfulmovement.co.uk/



Eat, drink and

Expert tips on how to make sure you feel fantastic in 2025

JOAN MCFADDEN

It's that time of year again, where we rather suspect we might have gone overboard a bit.

Lots of lovely food and drink, possibly a minimum of exercise, many late nights and generally enjoying everything on offer.

It's no wonder that we start to ponder the next few months and even those who don't do New Year resolutions think about embracing healthier options.

We've spent more than enough money, we can start counting the days till spring and often we have a goal in sight, like a holiday or family celebration where we want to look our best.

There will always be some enthusiasts who throw themselves whole heartedly into giving up everything, but in reality, kicking off with a few tweaks to our food and exercise routines can make an amazing difference.

The trick here is to find what works for you, so that you have the best chance of continuing and feel healthier, happier and ready to start a new year.

Bear in mind that it doesn't have to hurt, other than a little stiffness when you start using your muscles again - whether physical or mental.

Be alert - know your own body and health, so that you're aware of anything which doesn't seem quite right or normal for you. Take all the various tests offered to you at different ages and stages, as so many of these can make a huge difference to your outcome if disease is discovered early.

Being less alert also has its place, as, if you're lucky, one third of your life is spent sleeping.

Sleep is vital for survival - helping the body heal, triggering the immune system, and giving your heart a break.

You can't really make up for sleep deprivation so make regular, good sleep a priority. You bounce back fairly quickly from occasional bad sleep but continued poor sleep can have long-term negative results,