

ADVERTORIAL



Make the most of the last few weeks of summer

LET'S face it... we wouldn't be British if we didn't moan about the weather. From scorching hot days and no fan at work, to sheets of rain falling on our caravan in Devon, at least this summer we've been able to wear flipflops and host barbecues for more than one week-day in June during Wimbledon.

While many of us freely use the hashtag #summergoals on our Instagram and Twitter feeds (slightly in awe of the good and great and their holiday destinations) why not create our own, more realistic summer goals and memories? Particularly when most people can't afford to go sailing in Antibes or hire private islands off Ibiza.

Joking aside, many Brits have chosen to stay at home this summer, rather than go abroad. There is so much to discover for families, couples and friends, whatever your age or range of interests. The team of 'happiness experts' at Achieve HQ have come up with a few ideas that might inspire you as we approach the last few weeks summer - some of which link to the brilliant line-up of speakers and workshops on October 13 and 14.

By road, air or train...

Why not take a trip to bonnie Scotland and go and see Helen Lederer - *I Might As Well Say It* at Underbelly at The Edinburgh Fringe (until August 25 at 5.05pm).

Your summer goals

From Edinburgh, you could go on to Glasgow or visit the lochs and go 'monster spotting' with the family.

At home or on the beach

Take a leaf out of Calum Best's *The Best Me Life* journal and set some personal goals and get focused for the new school or university year. Taking a journal with you is also something to do while on the beach or local lido (if the sun comes out again!)

In your kitchen...

Get prepping your freezer for winter - get cooking and focus on how to eat healthily while staying 'on budget' with *Eat Well For Less* by Gregg Wallace (BBC Books) or consider allergy-free foods for all the family with Christine Bailey's new book, *My Kids Can't Eat That!*

Outside or Inside

Keep moving to get the heart-rate going,

whether you remain inside or out. Find some local trail or seaside walks, or go on a road trip, turn your phone off and breathe in some fresh air and get a new perspective.

Stay at home and sit on the floor or in the garden on the grass. Re-engage with your body and be inspired by Roger Frampton's brilliant videos. Or go to the gym and engage with some 'me-time' on the treadmill.

For the adventurous...

For those who like to get their heart pumping or to try something new, why not swirl around a pole, courtesy of Pole Tales or get those hips moving to Dean Heitman's *Totally Shredded* workouts. Exercise should be enjoyable and varied - keep your body guessing and don't get stuck in a rut of expectation with gym sessions that don't inspire you.

In addition to these ideas there are so many outdoor festivals, shows, fun fairs,

museums and theme parks, as well as lower cost cinema visits, picnics, barbecues, shell or rubbish collecting on a nearby beach or just hanging out at home in our PJs. It doesn't really matter what we do at the end of the day, the aim is to create memories and re-charge our physical and phone batteries alike. Moaning about the heat or rain is, of course, expected but optional.

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