

Book Reviews

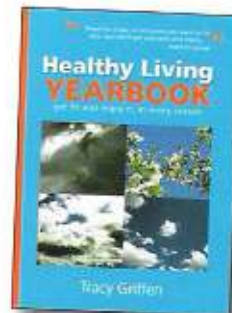
Healthy Living Yearbook by Tracy Griffen

Personal trainer Tracy Griffen spends her days designing personalised programmes to help people get fitter and healthier, and now she's done the job for the whole of Scotland.

The Healthy Living Yearbook is tailor-made for Tracy's adopted home and its residents (she's originally Australian but has lived in Edinburgh for 14 years). There's a chapter for each month, with seasonal advice on exercising, eating and generally living healthily. And it's all based around Scottish seasons, rather than those dreamed up by a publishing house in London. So the summer holiday article falls into July, not August; there's a guide on Festival Fitness in August, and November gives plenty of space to seasonal affective disorder.



Each month's chapter tells you what food is in season, includes healthy recipes, articles appropriate to the time of year, and ideas for resisting temptation.



It's great to read a book that's so closely tailored to its readership – people living in Edinburgh might find it particularly useful, as Tracy's love of the city spills over onto the page.

It's not an in-depth book, but the structure also makes it easy to dip in and out of, picking up useful snippets and whetting your appetite for a range of subjects that might inspire you to research more elsewhere.

All in all, an enjoyable read, and especially inspiring at this time of year, when it's easy to retreat to the sofa and write off healthy living as something that will have to wait until summer.