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The cheats' guide to gardening

Gardening is good for you, so here's how to make it easier
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It pays to be green
The key to having a healthy heart and lungs is gardening and eating home-grown produce, according to the University of Texas. Not only that, the British Trust for Conservation Volunteers has found that a gardening session burns off around 600 calories per hour. If you don't have the time or don't know where to start follow our guide to getting your fingers green.

1. Indoor gardening
Even if you're stuck in an urban studio flat you can still embrace the great outdoors with the "Aerogarden". It uses NASA-proven space-age technology to allow your plants to grow in air and water without any soil, meaning you won't even need to get your hands dirty. It takes five minutes to set up the kit, 24 hours for seeds to germinate and your plants will grow five times faster than normal, with herbs and salad greens ripe for picking within a month. Your start kit comes with a years worth of seeds so you don't even need to trek to the gardening centre. And you don't even need to watch the seedlings closely as a clever microprocessor reminds you when you need to add more water and nutrients. We recommend you use yours for a year-round crop of lycopene-packed tomatoes. A starter kit is available from www.aerogarden.org.uk from £168



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Why do you go to the gym?

- To look good
 - To feel healthier
 - To check out Lycra-clad ladies
 - To relieve stress
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