

Hot Topics » [Welsh History Month \(http://www.walesonline.co.uk/news/welsh-history/\)](http://www.walesonline.co.uk/news/welsh-history/)

[3am Gossip \(http://www.walesonline.co.uk/showbiz-and-lifestyle/3am-showbiz-gossip/\)](http://www.walesonline.co.uk/showbiz-and-lifestyle/3am-showbiz-gossip/)

[Ryder Cup \(http://www.walesonline.co.uk/rydercup2010/\)](http://www.walesonline.co.uk/rydercup2010/)

[Wales' Sexiest Women \(http://www.walesonline.co.uk/showbiz-and-lifestyle/style-and-shopping-in-wales/2010/07/04/the-hot-50-wales-sexiest-women-revealed-91466-26780061/\)](http://www.walesonline.co.uk/showbiz-and-lifestyle/style-and-shopping-in-wales/2010/07/04/the-hot-50-wales-sexiest-women-revealed-91466-26780061/)

[All Topics... \(http://www.walesonline.co.uk/tags/\)](http://www.walesonline.co.uk/tags/)

Green scene by Lynne Allbutt

Sep 18 2010

[\(http://www.walesonline.co.uk/showbiz-](http://www.walesonline.co.uk/showbiz-and-lifestyle/columnists/2010/09/18/)

[and-lifestyle/columnists/2010/09/18/\)](http://www.walesonline.co.uk/showbiz-and-lifestyle/columnists/2010/09/18/)

Lynne Allbutt, Western Mail

[Add a comment \(#sitelife-commentsWidget-bottom\)](#)

[Recommend \(#none\)](#)

Top talk

Easily recognised for giving [nutritional \(#\)](#) and exercise advice on ITV1's daytime show This Morning, diet and movement specialist Joanna Hall is a big fan of exercising in the fresh air.

"I was brought up in Devon and my parents grew lots of their own fruit and veg," she tells me.

"I have really strong, good memories of eating great tasting, healthy food. Devon soil was great for growing raspberries and gooseberries and even leeks; Mum always had huge cauldrons of homemade soups, like leek and potato, on the Aga. Even though I live in London now, my studio has three large decked areas and I use big pots to grow things like tomatoes and vines.

"I have also been growing sunflowers with my four-year-old this year. I love sharing the importance of the different seasons, it's a very grounding experience and I love being out in the fresh air."

Joanna continues: "We need to challenge the way people associate exercise with gyms and indoor technology. Using a gym or exercising indoors isn't the best way to stay motivated for financial, emotional or physical reasons.

"I love working with real people on real issues and am absolutely committed to making [diet \(#\)](#) and movement effective and enjoyable.

"Being outdoors helps improve the emotional and spiritual state as well as the



<http://ad.uk.doubleclick.net/click;h=v8/3a1b/0/0/%2a/g;229102982;0-0;0;48876122;4307-300/250;38414716/38432473/1;~aopt=2/1/34/0;~sscs=%3fhttp://images.icnetwork.co.uk/docs/icWales/CDE33B9B-CF8C-9DD9-9287B045C1252E6F.gif>

(#)