



Team Hillier limber up for Chelsea 2011

As Olympic fever grips the nation, seven members of green-fingered legends Hillier Nurseries and Garden Centres reveal their desire to tone up and Plant for Gold.



From left to right: Sue Robinson (Hillier Team Coach), Chris Rawlings (Hillier Gardening Athlete), Andy McIndoe (Hillier Team Captain), Ricky Dorlay (Hillier Master Plantsman), Gary Newell (Hillier Gardening Athlete), Steve Austin (Hillier Team Manager), Emma Dorlay (Hillier Team Trainer)

A giant in the world of horticulture, Team Hillier has been flying the flag for British-grown trees and shrubs for the past 147 years. The company has won the title of **'International Grower of the Year 2010'**, a record-shattering **65 consecutive Chelsea Gold medals** and has supplied over **2000 British-grown trees to the Olympic Park for London 2012**.

Were there a Gardening category in the Olympics, then Hillier would surely be a worthy contender for Gold.

Beyond digging: How to get toning in your garden

- ❖ Why not have a selection of weights and dumbbells handy for a bit of al fresco training on the decking? Timber exercise equipment can double as clever seating, and a backdrop of a stimulating yellow planting scheme and timber decking helps raise your metabolism and your spirits with plenty to look at as you practice those sit-ups, press-ups and pull-ups. See the [Flex on a Deck Garden](#) on the Hillier 'Feel Good About Gardening' exhibit.
- ❖ Build stamina and increase agility at all ages by setting up a trail of stepping stones, low-level hurdles and balancing bars. This is particularly suited to a woodland garden. Visit the [Tone Up Trail](#) on the Hillier Chelsea exhibit.
- ❖ If stretching and toning are more your scene, create the perfect space for a little yoga or pilates with a sculptural stone space for your yoga mat. Surrounded by soft blue planting this will instil a sense of calm, tranquillity and harmony. See the [Core Values Garden](#) on the Hillier Chelsea exhibit.





Prefer a more relaxed approach? If this sounds all a little exhausting, visit the more relaxed gardens within Hillier's 'Feel Good about Gardening' exhibit:

- ❖ Entertain friends or romance your partner in a garden full of exotic fragrances and rich planting in deep shades of wine and chocolate, complementing the opulent hues of purple and red rhododendrons. See the [Indulgence Garden](#) on the Hillier Chelsea exhibit.
- ❖ Retreat into a secluded, calm sanctuary of green and white foliage with just a sprinkling of flowers and feel those cares fall away. See the [Garden for Contemplation](#) on the Hillier 'Feel Good about Gardening' exhibit.
- ❖ Perhaps you're looking to reconnect with nature and encourage wildlife into your garden? Meadow flowers, shrubs and a light tree canopy will help to create the right environment. The **Meadow Anywhere** wildflower and grass seed mix developed in conjunction with Habitat Aid enables you to create a micro-meadow anywhere, even in a patio planter. 50p from every sale of the super-sized seed packs goes to Butterfly Conservation, and 50p to the Bumblebee Conservation Trust. For more information visit www.meadowanywhere.com



Care to Share the Feelgood Factor?

Hillier's Chelsea partners, the Scotts Miracle-Gro Company will be capturing your thoughts on what 'feelgood gardening' means to you, and making them available for all to share on www.lovethegarden.com. Visit the '[Share the Feelgood Factor](#)' Garden at on the Hillier exhibit at Chelsea 2011.

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