



FIRST TUNNELS

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Have a healthy and wealthy New Year!

If you've made New Year's resolutions to eat a healthy diet and get your finances in order during 2011, a polytunnel from First Tunnels will help to transform your lifestyle

NEW YEAR: out with the old, in with the new. It's a perfect time to make life-changing New Year's resolutions. But by mid-January, even the best laid plans can go astray, and all too often we find ourselves slipping back into old routines once the festive season is behind us.

Google 'top 10 New Year's resolutions' next time you're online and chances are the web will conjure up the following suggestions: get fit, spend more time with family and friends, lose weight, enjoy life more, get your finances in order, learn something new... and so on.

Wouldn't it be great to find a new hobby that could make all your New Year's resolutions come true? And even better, one that

doesn't involve pumping iron in a sweaty gym that comes with a hefty monthly membership fee!

Polytunnel gardening – growing fruit, veg, herbs and flowers in a polytunnel – is the healthiest and most cost-effective way to turn your New Year's resolutions into reality. First Tunnels, the UK's leading supplier of polytunnels and accessories, is helping gardeners' dreams to bear fruit.

STAY FIT & HEALTHY

Growing in a polytunnel, in your garden or on an allotment, is good for your health, mind, body and spirit. Gardening,

while being a therapeutic form of mental exercise, naturally involves stretching, bending, lifting and walking – all of which give your muscles a workout. Getting out into the fresh air can lower blood pressure and cholesterol levels if you garden for at least 30 minutes a day.

EAT WELL, LIVE WELL

Home-grown food is healthier and tastes better than produce from supermarkets. Because you nurture it from plot to plate, gardeners can be sure it hasn't been treated with pesticides, while crops have a carbon footprint of virtually zero. And polytunnel growing can be a family or community activity, helping you to spend

quality time with all age groups.

BOOST YOUR FINANCES

With inflation at 3.3 per cent, fuel prices at record highs, and heating bills rocketing skyward, family budgets are squeezed. Growing food in a tunnel is a great way to cut shopping bills.

And if that's not enough to persuade you to take up polytunnel gardening, First Tunnels has extended its offer of 10 per cent off everything until the end of January and has frozen VAT at 17.5 per cent, too! Call First Tunnels and find out how to turn your New Year's resolutions into reality.



Growing flowers and food in a polytunnel is hugely rewarding



Beat the Big Freeze...

WITH THIS winter on track to be the coldest since the Big Freeze of 1962-1963, it's worth a little bit of time and effort to clear snow off polytunnels. Although a light layer of snow offers insulation, it's best to avoid letting big quantities of the white stuff build up.

A visit to Polytunnel Gardening (polytunnelgardening.co.uk) will show how easy it is to clear snow from a polytunnel using a long, soft broom or sweeper. And while you're visiting the site, why not check out the host of free videos, advice and informative tips on offer?



Get in contact

ADDRESS: First Tunnels Ltd, Dixon Street, Barrowford, Lancashire, BB9 8PL

PHONE/FAX ORDER: ☎ (01282) 601253/612420 (8.30am-5pm Monday-Friday, 9am-12pm Saturdays)

ORDER ONLINE: FirstTunnels.co.uk or email sales@FirstTunnels.co.uk



We believe our polytunnels are excellent value for money. That's why we're happy to match ANY like-for-like price... and that's a promise!

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