

BLUE SKY FITNESS

From gardening to hiking via daily picnicking, four healthy women give their top tips for reaping the benefits of summer's great outdoors

Words ZOE McDONALD Photographs ALUN CALLENDER



GP Radha cycles three times a week to de-stress and stay toned

THE RIVERSIDE CYCLIST

RADHA MODGIL, 31, is a GP and TV presenter based in London

There's something about the motion of cycling, combined with the ever-changing views and the wind on my face, that lets me totally switch off from a stressful day. When I'm cycling, I don't think about anything other than what's

in front of me. In summer, I cycle three times a week: usually twice on my own and once at the weekend, with my boyfriend, Sebastian.

I love the fact that cycling is so easy to fit into my life, too. I can decide to go for a ride on the spur of the moment. I don't have to get to a gym, or have the hassle of changing. I can just go.

I live by the river in Fulham, London, and my favourite ride is to follow the Thames to Kew Bridge. It takes a good hour. I sometimes listen to my iPod and sing (probably not so lovely for whoever is behind me!). When Sebastian and I go together, it's a good excuse for a pub lunch somewhere along the way, too.

Cycling makes me feel alive and energised. By the end of the summer, I have usually lost a few inches, and I always feel fitter, leaner and stronger. For details of the National Cycle Network, go to sustrans.org.uk. For cycle training, see ctc.org.uk. Catch Radha in *The Sex Education Show* on Channel 4

RADHA'S TOP 3 SUMMER HEALTH TIPS

PRE-EMPT THE POLLEN: Always start taking medication a few weeks before your sensitivity usually kicks in.

PREGNANT? PLAN AHEAD FOR

HOLIDAYS: Ask about your airline's rules over 'fit to fly' notes, to avoid being turned away at check-in. Some require a note even in early pregnancy.

BEWARE HOLIDAY CYSTITIS: Urinary infections can result from dehydration and more sex than usual. So, drink at least eight glasses of water a day to help flush out the bacteria.