



Thursday 1st December 2011

Exercise and Industry

1. FIA Legacy Ready Summit highlights need for participation
Fitpro

Participation, user engagement and co-operation emerged as dominant themes at the FIA and IMSPA Legacy Ready Summit on 29 November, where over 350 delegates joined to debate the question of the 2012 Olympic and Paralympic Games legacy.

[Fitpro](#)

2. Fit for a future
The Sun

Young Londoners looking to join the fitness industry can train for free with Transforming a Generation (TAG).

[The Sun](#)

3. Scientists unravel muscle secrets
Press Association

Scientists have discovered how to reprogramme metabolic genes in muscles to dramatically improve exercise performance, a new study shows.

[Press Association](#)

4. Exercise? That's so last season: Winter is the perfect time to be slovenly
Daily Mail

Of course, all this sloth-like behaviour will mean, that come spring, I'll be paying the price. According to the British Nutrition Foundation, many of us gain between one and five pounds in the winter months and an American study found that the extra weight gained over this period accumulates through the years and may be a major contributor to obesity later in life.

[Daily Mail](#)

Health and Lifestyle

1. Walking can have huge health benefits research shows Daily Record

Walking five miles a week may slow the progression of Alzheimer's disease.

[Daily Record](#)

2. Anti-obesity scheme faces axe Surrey Comet

Kingston Age Concern was crowned winner of the care of older people category at the 2011 Guardian Public Services Award for its scheme Fit as a Fiddle, but funding will come to an end next April.

[Surrey Comet](#)

3. How we've been helped to wise up about weight

Nine women and one man lost more than 11st between them on the Waistwise scheme, run by Derbyshire Community Health Services NHS Trust. It involved the group – all from South Derbyshire and aged between 27 and 70 years old – taking part in a 12-week course which looked at their eating habits and encouraged them to exercise.

[Derby Telegraph](#)