



## **Friday 3rd February**

### **1. Get active on World Cancer Day 2012 FIA**

The FIA (Fitness Industry Association) will be supporting World Cancer Day on 4 February 2012, which this year will focus on how one in three cancers can be prevented through lifestyle changes, such as exercising regularly, eating healthily, not smoking and reducing alcohol consumption.

[FIA](#)

### **2. NHS reform bill: Royal College of GPs urges scrapping BBC News**

The Royal College of GPs has called for the health bill to be scrapped, heaping more pressure on the government's controversial reforms in England.

[BBC News](#)

### **3. Health Bill: 137 changes made to win over House of Lords The Telegraph**

The Government has made 137 late amendments to the Health and Social Care Bill in an effort to ease the concerns of worried peers.

[The Telegraph](#)

### **4. Large study confirms benefits of exercise for some cancer patients Cancer Research UK**

Physical activity, when appropriate, can improve patients's health and quality of life after they finish treatment, according to large analysis of over 30 studies of exercise and cancer, published in the BMJ.

[Cancer Research UK](#)

### **5. Intermittent exercise improves blood glucose control for diabetics Medical Press**

Intermittent exercise with and without low oxygen concentrations can improve insulin sensitivity in type 2 diabetics, however exercise while under hypoxic conditions provides greater improvements in glycemic control than intermittent exercise alone, according to a recent study.

[Medical Press](#)

## **6. Exercise can improve survival in prostate cancer patients**

### **Press TV**

US researchers have found that regular vigorous exercise can improve survival of patients who are at the early stages of prostate cancer.

[Press TV](#)