



**Friday 7<sup>th</sup> October 2011**

### **Exercise and Industry**

#### **1. Tory Peer criticises "misleading" claim that taking exercise will help people lose weight The Daily Telegraph**

Lord McColl of Dulwich, a Tory peer and former Professor of Surgery at Guy's Hospital, warned that millions are dying from being too fat and that their health problems will "wreck" the NHS. But he said that it was "misleading" for politicians to claim that taking exercise will help people lose weight, when all they really need to do is eat less food.

[The Daily Telegraph](#)

#### **2. £20 million government investment in skills for growth is to fund new Skills Active programme Department of Business, Innovation and Skills**

Vince Cable will today set out how £11 million of Government matched funding, awarded following the first round of bids to the Growth and Innovation Fund (GIF), will enable employers to deliver more effective skills solutions through more apprenticeships, new professional standards and closer partnerships with education and training providers. The funding includes a £450,000 investment in Skills Active to develop a new Group Training Association for the Active Leisure Sector.

[Department of Business, Innovation and Skills](#)

### **Health and Lifestyle**

#### **1. 'Tidal Wave' of obesity sleep disorders hits NHS BBC Health**

The NHS is struggling with a "tidal wave" of sleep disorders related to obesity, according to specialists. The number of people being referred for sleep problems in Scotland has risen 25% over the past three years, with about 80% of patients overweight.

[BBC Health](#)

#### **2. Top obesity doctor backs fat tax plan but warns it doesn't go far enough Birmingham Mail**

A leading obesity doctor warned a “fat tax” on junk snacks would only work if the Government cut the price of healthy food too. Consultant Shahrads Taheri, an obesity expert at Heartlands Hospital, welcomed the government’s proposals to place a surcharge on foods containing more than 2.3 per cent saturated fat.

[Birmingham Mail](#)

### **3. Health of chronic kidney disease patients improved by regular physical activity**

**MediLexicon**

New research shows evidence that individuals with kidney diseases, including those with a kidney transplant, who take part in regular physical activity can benefit from improved physical fitness, healthier blood pressure, walking further, healthier heart rates, better nutritional characteristics, and higher health-related quality of life, in comparison to individuals who don't engage in physical activity.

[MediLexicon](#)