



**Wednesday 7th December 2011**

**Exercise and Industry**

**1. FIA unveil new board members  
Fitpro**

The 10 industry professionals chosen will serve the fitness sector over the next three years by acting as FIA ambassadors at events and media opportunities, and attending four board meetings annually.

[Fitpro](#)

**2. Gyms should test for cancers in bid to 'scare' people into changing lifestyle  
Evening Standard**

Gyms should carry out tests for "lifestyle" cancers, a leading cancer expert said today.

[Evening Standard](#)

**3. Marathon training 'may pose a heart risk'  
BBC**

Doing extreme endurance exercise, like training for a marathon, can damage the heart, research reveals.

[BBC](#)

**4. Busting winter work-out myths  
City AM**

Worried it's not safe to spin with a sniffle? Thinking of packing the SPF away with the bikinis? I've debunked the top winter exercise myths.

[City AM](#)

**5. Institute of Swimming launches aqua programme  
Fitpro**

The Institute of Swimming (IoS) are offering a training programme to develop more aqua instructors.

[Fitpro](#)

## **Health and Lifestyle**

### **1. Unhealthy lifestyle responsible for 'half of cancers'** **Telegraph**

Almost half of cancers are caused by an unhealthy lifestyle that could be avoided by quitting smoking, losing weight, exercising and drinking less alcohol, the most comprehensive study of its kind has found.

Telegraph

### **2. Obese people turn a blind eye to health risks** **Cancer Research UK**

More than a quarter of obese and overweight people do not want to lose weight and many more are unaware of the benefits brought by a healthy lifestyle, a new survey by Cancer Research UK reveals.

[Cancer Research UK](#)