



## **Monday 9<sup>th</sup> January**

### **1. Sky agrees subsidised sports deal for staff People Management**

The broadcaster is the first major employer to sign up to Shift into Sports, an initiative launched by the Fitness Industry Association (FIA) and backed by Sport England and the Mayor of London.

[People Management](#)

### **2. Forget networking. Get ready for sweatworking! The Independent on Sunday**

Boozy lunches with clients are out – today's executives prefer to conduct their business meetings in the gym.

[The Independent on Sunday](#)

### **3. Modest exercise cuts obese women's blood pressure Reuters**

Even fairly modest amounts of exercise can help older obese women lower their blood pressure numbers, a new clinical trial suggests.

[Reuters](#)

### **4. London 2012 Olympics: Britain 'on track' for Games legacy at 200 days to go landmark, says David Cameron The Telegraph**

David Cameron marked the 200-day countdown to the Olympics opening ceremony by insisting Britain is "on track" to secure a lasting legacy from London 2012.

[The Telegraph](#)

### **5. Pilates on the go: Five minutes to a new you Mail on Sunday**

Pilates makes you lean, strong and flexible, which is why it's so good for problem areas such as tummies, bottoms, arms and thighs.

[Mail on Sunday](#)

**6. Think yourself fit: Prepare the body**  
**The Guardian**

Physical fitness can be broken down into five essential elements, and each can play a role in everyday activity.

[The Guardian](#)

**7. The runners who are a breed apart**  
**The Telegraph**

Many people – such as Susanne Finlay – are delighted by the results regular exercise can bring. But once some have got the running bug, they find it hard to stop.

[The Telegraph](#)