



Friday 16th December 2011

Exercise and Industry

1. One can of cola = one hour's run: Exercise labels could be 'more effective than calorie counts'
Daily Mail

Warning labels that explain how much exercise is needed to run off the calories in junk food are far more effective than traditional counts, researchers say.

[Daily Mail](#)

2. Stay fit to beat breast cancer
Daily Express

Women who exercise regularly are nearly 40 per cent less likely to die from breast cancer if they fall victim to the disease.

[Daily Express](#)

3. Pippa Middleton's pilates teacher releases 'perfect bum' workout DVD
The Telegraph

Pilates teacher Margot Campbell, the woman credited with honing Pippa Middleton's show-stopping bottom, is launching The Perfect Pilates Bum on Boxing Day.

[The Telegraph](#)

4. Gerry Sutcliffe: A betrayal of Olympic promises on sport in schools
Yorkshire Post

Why does it matter if our kids do not play sport or do PE at school? Children who play sports do not only benefit physically, because research shows that involvement in sport helps general educational attainment.

[Yorkshire Post](#)

5. Work finally starts on Holt Park 'wellbeing centre'
BBC

Work on a £27m "wellbeing centre" for Leeds will finally begin in January, after plans were suspended in 2010.

[BBC](#)

Health and Lifestyle

1. Our attitude to food and fitness 'is fixed at ten years old'

Daily Mail

Newcastle University researcher Heather Brown said that healthy eating habits become engrained in childhood and that is the time for parents, schools and governments to intervene.

[Daily Mail](#)

2. We are in our 70s and look as good as Jane Fonda!

Daily Mirror

I hate that age is all about a number. I'm 71 and I don't feel any different than I did in my 40s. I go to the gym, do Zumba classes twice a week and tap dancing, too.

[Daily Mirror](#)