



Wednesday 21st December 2011

Exercise and Industry

1. That Christmas afternoon stroll really does work! Scientists find walking clears fatty foods from bloodstream
Daily Mail

Scientists believe exercise helps to clear harmful fatty food molecules from the bloodstream.

[Daily Mail](#)

2. Exercise tips to help burn those Christmas calories
Daily Record

We can all enjoy some of what we fancy over the festive season if we work it off with exercise later.

[Daily Record](#)

3. New Olympic Stadium bid process opens
Sports Management

The Olympic Park Legacy Company (OPLC) has announced the launch of a fresh bidding process to secure a long-term, multi-purpose future for London's Olympic Stadium.

[Sports Management](#)

Health and Lifestyle

1. Blood pressure control is key to healthy heart
Daily Express

Those who successfully manage blood pressure through a range of simple lifestyle changes could have a long life free from the often-disabling health problems associated with CVD.

[Daily Express](#)

2. 'Tell loved ones they are overweight this Christmas'
BBC

The National Obesity Forum and International Chair on Cardiometabolic Risk said

it was important to be upfront because of the health risks.

[BBC](#)

3. Everyone over 40 will be offered a free health MoT in a bid to save hundreds of lives a year
Daily Mail

Patients will be able to book an appointment with their GP or nurse who will then offer advice on how to improve their lifestyle depending on the results of the tests.

[Daily Mail](#)

4. Matthew Freud picks up £1m-a-year contract with Department of Health
Guardian

Whitehall awards public health campaign contract to Freud Communications, whose clients include Pepsi and KFC.

[Guardian](#)