



**Thursday 22nd December 2011**

**Exercise and Industry**

**1. London 2012: £17.4m to upgrade sport facilities**

**BBC**

More than £17m is being handed out to upgrade community sports facilities across England as part of the 2012 Olympic legacy.

[BBC](#)

**2. Stay fit while you feast this Christmas**

**Evening Standard**

If outdoor excursions are not your cup of tea, local health clubs often run offers during the festive season. By getting in early you can get a good deal, and you also get to feel smug about being ahead of the game when everyone else returns in January.

[Evening Standard](#)

**3. Minimise the damage this Christmas**

**Zest**

We asked some fitness and nutrition experts how to best limit the damage over the festive season. Here's what they recommend.

[Zest](#)

**4. Swimming shake-up to boost sport**

**Yorkshire Post**

The cabinet member for health, Councillor Peter Wilkinson, said: "Despite swimming being the country's most popular participatory sport, the figures from the latest Sport England Active People survey shows there is a national downturn in it. We hope the Big Swim will encourage people to return to the water and enjoy the benefits that swimming offers."

[Yorkshire Post](#)

## **Health and Lifestyle**

### **1. Experts call for 10% 'fat tax' on soft drinks to prevent obesity Guardian**

Richard Laming, media director of the British Soft Drinks Association, said: "The cause of obesity is an excess of calories in the diet over calories expended in exercise, and not the overall amount of calories consumed, still less the calories from any individual source. Balanced diets and active lifestyles can only be achieved through information and education and not regulation or compulsion."

[Guardian](#)

### **2. Obese women 'should lose weight' before having a baby The Telegraph**

The new advice also covers exercise in pregnancy, vitamin supplements, planning for labour and birth, after birth care and planning for a future pregnancy.

[The Telegraph](#)

### **3. Many Scots 'choose' to ignore lifestyle health advice BBC**

52% of adults felt were they physically active enough to stay healthy, but only 39% met the current recommendations of 30 minutes moderate activity on most days of the week.

[BBC](#)