



**Monday 26<sup>th</sup> September 2011**

**Exercise and Industry**

**1. A walk in the park  
Dudley News**

In the light of new, much more achievable Government guidelines for weekly physical exercise, Change4Life and fitness experts talk about how walking the kids to school and regular energetic housework could be enough to meet your recommended exercise quota and officially keep you healthy.

[Dudley News](#)

**2. New £16m Knowsley Leisure and Culture Park opens  
BBC News**

A new multi-million pound leisure centre has opened in Merseyside, which will also provide a new home for the region's basketball team.

[BBC News](#)

**Health and Lifestyle**

**1. Younger people twice as likely to call in sick  
The Telegraph**

Younger people are twice as likely to miss work through illness as their older colleagues, according to a new survey.

[The Telegraph](#)

**2. Most people in the UK are killed by five diseases - here are some tips to avoid them  
Mail on Sunday**

We all have to go somehow. And last year 493,242 Britons died of various causes. The majority were due to heart disease and more than a quarter were as a result of various forms of cancer.

[Mail on Sunday](#)