



**Tuesday 27<sup>th</sup> September 2011**

### **Exercise and Industry**

#### **1. Twenty-seven per cent of adults not getting enough active minutes Female First**

There are 10,080 minutes in a week and for only 150 you're advised to be active. Doesn't sound like much does it?

[Female First](#)

#### **2. Champion sports star creates a spark Rochdale News**

Youngsters from Middleton have enjoyed a visit from former world champion and gold medalist Olympian Jamie Baulch, as part of his campaign to get children active on the run up to London 2012.

[Rochdale News](#)

#### **3. New £25m Huyton Leisure and Culture Park opens to improve health and exercise Liverpool Echo**

HEALTHY bodies and cultured minds can be nurtured in the same place thanks to the new Leisure and Culture Park in Huyton.

[Liverpool Echo](#)

### **Health and Lifestyle**

#### **1. Babies who are already obese inside the womb show link with overweight mothers Mail Online**

Childhood obesity starts in the womb, with overweight mothers giving birth to fat babies.

[Mail Online](#)

#### **Growing problem This is Nottingham**

OBESITY is a growing problem. In Nottingham it is estimated more than six out of ten are overweight, with four in ten in a state of full-blown obesity.

[This is Nottingham](#)

**One in four children are obese in poorest areas of Coventry and Warwickshire**  
**Coventry Telegraph**

NEARLY a quarter of schoolchildren in Coventry and Warwickshire's poorest neighbourhoods are obese.

[Coventry Telegraph](#)