



**Friday 28<sup>th</sup> October 2011**

### **Exercise and Industry**

#### **1. Treadmill desks reduce the increased risk of bowel cancer Bioportfolio**

A new study has found that employees who have spent the past decade sitting at the office are twice as likely to develop bowel cancer as more active occupations. However, the damaging effects could be alleviated through the use of TrekDesk Treadmill Desks.

[BioPortfolio](#)

#### **2. Exercise "definitely" boosts vision ContactLenses.co.uk**

People can go a long way towards safeguarding their vision by taking part in regular exercise, one expert has noted. Clara Eaglen, eye health campaigns manager at the Royal National Institute of Blind People (RNIB), said that physical activity plays a major role when it comes to eye health.

[ContactLenses.co.uk](#)

#### **3. Keep exercising in the winter months The Telegraph**

Make exercise a winter priority to make sure you stay fit and healthy as the weather gets colder

[The Daily Telegraph](#)

### **Health and Lifestyle**

#### **1. Life expectancy rises as Britons suffer fewer heart attacks and strokes The Daily Telegraph**

Britons are living longer, surviving cancer in greater numbers and suffering fewer heart attacks and strokes, a new report has revealed.

[The Daily Telegraph](#)

#### **2. Obesity expert wants 'fatty foods' tax in Wales BBC Health**

An expert on obesity has called for a tax on fatty foods to help reduce the number of overweight people in Wales.

[BBC Health](#)