



Wednesday 28th September 2011

Exercise and Industry

1. Nordic walking is taking off

Oxford Mail

More than 700 people across Bicester, Banbury and Kidlington have taken up the latest keep-fit craze of Nordic walking, run by Cherwell District Council.

[Oxford Mail](#)

2. Praise for 'keep fit' programme for Blackburn's over-50s Lancashire Telegraph

MORE than 1,000 older people have improved their health and wellbeing by taking part in a Blackburn Rovers Community Trust project.

[Lancashire Telegraph](#)

Health and Lifestyle

1. Scots risk an early grave by ignoring simple health tips

The Express

THOUSANDS of people across Scotland die from heart disease every year because of the area they live in, a new report has claimed.

[The Express](#)

2. The Health Lottery: more vital support for carers and nurses

The Express

A TOP team of health experts and community activists is to decide where the Health Lottery's £50million a year will be spent

[The Express](#)