



Friday 2nd December 2011

Exercise and Industry

**1. 2012 legacy plan for a fitter Britain is quietly scrapped
The Times**

One of the key promises that helped London to win the right to host the 2012 Olympics is being quietly scrapped by ministers because Britons are stubbornly resisting efforts to get them playing more sport.

[The Times](#)

**2. Survey reveals dance and exercise 'can make you happy'
BBC**

A UK wide survey has revealed that dancing and going to the gym are among the things that make us happy.

[BBC](#)

**3. Watch the pounds drop off this Christmas
Femalefirst.co.uk**

Alesha Dixon is also encouraging people to do some extra work to help them slip easily into their Little Black Dress. The Strictly Come Dancing judge is fronting LA fitness' new winter campaign, the LBD workout.

[Femalefirst.co.uk](#)

**4. payasUgym.com Adds New Gyms in Kensington and Chelsea
PR Web**

<http://payasUgym.com> has expanded its network of London gyms by adding further sites in Kensington and Chelsea. The additional gyms at Chelsea Sports Centre and Kensington Leisure Centre are now part of the payasUgym.com network of over 200 gyms available for customers to use on a pay-as-you-go basis.

[PR Web](#)

Health and Lifestyle

**1. High blood sugar 'speeds up ageing'
The Telegraph**

Blood sugar, which can rise as a result of an unhealthy diet or lack of exercise, was already known to cause ill health but the study is believed to be the first to link high levels to appearance.

[The Telegraph](#)

2. December absence causes headache for HR People Management

Over three quarters (78 per cent) of the companies surveyed have implemented policies to try to reduce December absence rates, with flu jabs (35 per cent), encouraging exercise through gym membership (17 per cent) and questioning staff suspected of taking sickies (33 per cent) popular responses.

[People Management](#)

3. Eat, Play, Sleep with tech health support FT.com

Sticking to fitness regimes and weight-loss programmes requires a degree of rigour I seem to lack and this carried over into the discipline of having to record my activity on the new Jawbone UP and updated versions of the Fitbit widget and the BodyMedia FIT armband.

[FT.com](#)