



**Monday 5th December 2011**

**Exercise and Industry**

**1. Olympics chief in school sport plea  
Press Association**

There needs to be a "sea change" in Government policy to get more children from state schools involved in competitive sport, the chairman of the British Olympic Association says.

[Press Association](#)

**2. Could a treadmill desk save your life?  
Telegraph**

Our sedentary, office-bound lives are slowly killing us. Luckily, one British scientist thinks he has the answer. But will the 'treadmill desk' catch on?

[Telegraph](#)

**3. Step to it  
The Express**

Step aerobics became a major craze in the Nineties and millions of the step blocks sold around the world. Now, 20 years on, the exercise tool has been given a high-tech makeover and I was given the chance to be one of the first people in the country to try it out.

[The Express](#)

**4. Bilston's Bert Williams Leisure Centre opens  
BBC**

A new £14.5m leisure centre has opened in Wolverhampton.

[BBC](#)

## **5. Women finish fitness challenge with a flourish Bristol Evening Post**

Carrying sandbags weighing a total of eight stones, a group of six Bristol women walked their way to a healthier lifestyle.

[Bristol Evening Post](#)

## **Health and Lifestyle**

### **1. Call for council 'diet police' to inspect the private sector Telegraph**

Council inspectors should start monitoring what private sector employees eat at work in order to help improve the country's health and to reduce sickness rates, a report has concluded.

[Telegraph](#)

### **2. Best ways to beat the winter blues Marie Claire**

'Exercise is nature's own antidepressant – an effective treatment for sadness, anxiety and depression; something which is rife during the winter months,' says celebrity fitness expert Nicki Waterman.

[Marie Claire](#)