



Thursday 12th January

1. Breath screening tool launched to reduce hangover costs Institute of Leadership & Management

David Stalker, chief executive of FIA, said: "Alcohol misuse is corrosive on good health in the UK. An approach that challenges the drinking culture may well have much wider positive benefits to general wellbeing."

[Institute of Leadership & Management](#)

2. Does exercise make you a nicer person? Daily Mail

While we all know regular exercise can help prevent cancer, heart disease, diabetes and obesity, research is now finding that exercise also makes us happy – and nicer.

[Daily Mail](#)

3. Games 'to boost sporting economy' Press Association

Sheffield Hallam University's Sports Industry Research Centre (SIRC) said the £20.7 billion sport-related industry is likely to buck gloomy economic trends in other sectors.

[Press Association](#)

4. Davina joins Biggest Loser contestants in VIPR workout Fitpro

The Biggest Loser host Davina McCall was thrown in with the ITV contestants for a gruelling ViPR circuit in a surprise twist to the show.

[Fitpro](#)

5. Keeping Fit: Exercise Trends Around The World Huffington Post

From pumping iron to achieve the perfect 'Coregasm' in the US, 'Dog Dancing' in the UK to climbing the walls in China - with January in full swing and the post-holiday fitness bug among us all, take a look at how the world gets hot and sweaty with our round-up of exercise work-outs of the world.

[Huffington Post](#)

6. New pill that 'helps you to stay fit without exercise'
Daily Telegraph

A new drug that could provide new treatment for a range of obesity related disorders without a need to hit the gym has been developed by scientists.

[Daily Telegraph](#)

7. Controversial obesity ads welcomed
The Sun

A campaign to raise awareness of the dangers of childhood obesity has sparked controversy in the US - but has been applauded in the UK.

[The Sun](#)

8. What impact will the Future Forum have on child health?
The Guardian

Health professionals need to communicate more effectively with children and young people to support and encourage them away from unhealthy eating or risky behaviours – not least since these can often be precursors to other, serious illnesses. But how can messages around the importance of a healthy diet and exercise resonate with the public when they are outside formal health settings?

[Guardian](#)

9. Council offers gym membership price that never goes up
Wales Online

Sign up for gym membership this month and you'll never have to pay any more under a promotion organised by Cardiff council.

[Wales Online](#)