



Tuesday 15th November 2011

Exercise and Industry

1. Take quick steps to dancefloor fitness Scottish Sunday Express

The return of Strictly Come Dancing has transformed Saturday night viewing but if you take a lead from the stars of the show you can transform your fitness too. Dance is the ultimate workout.

[Scottish Sunday Express](#)

2. Young mayor wants to make Leeds lead the way in keeping healthy Leeds Council

Joe's idea of creating 'kids zones' in public gyms got the highest number of votes out of the ten manifestos submitted from children across the city. This year, well over 3,000 votes were cast via the Breeze website and Leeds Learning Network.

[Leeds Council](#)

3. Bridal Bootcamp - the perfect way to lose the pounds ahead of the big day (and leave Bridezilla stress at the top of the Welsh hills!) Daily Mail

Preparing for a wedding is a stressful period for any bride, or groom for that matter. So when I was given the chance to attend a bridal bootcamp just one week before my big day, I jumped at the opportunity.

[Daily Mail](#)

4. Pay-as-you-go at PayasUgym Glossop Advertiser

A new pay-as-you-go gym venture has been launched in Greater Manchester. The PayasUgym allows customers to "load" cash on to an online account that can be used at a wide range of fitness centres, from spas to leisure centre gyms.

[Glossop Advertiser](#)

Health and Lifestyle

1. Ministers 'must release' secret NHS report The Telegraph

Ministers must hand over a secret report on the risks of the NHS reforms ahead of a key debate in the Lords, Andy Burnham Shadow Health Secretary has said.

[The Telegraph](#)

**2. Health spin doctor joins Asda... The supermarket that backed her
£250m anti-obesity drive
Daily Mail**

A former breakfast TV presenter was at the centre of a conflict of interest row last night after moving from a high-powered Whitehall job to a lucrative position with Asda, which worked with her on a Government campaign.

[Daily Mail](#)