



Tuesday 18th October 2011

Exercise and Industry

1. How spinning conquered the fitness world
The Independent

In the fast-moving world of fitness fads, a class that zoomed into gyms in the 1980s still has first place on the podium.

[The Independent](#)

2. Science shows a jog a day keeps the doctor away
Easier Lifestyle

Exercise could be used to prevent or even treat a whole range of physical and mental health conditions, according to research revealed by eminent scientists at a London conference.

[Easier Lifestyle](#)

Health and Lifestyle

1. Unprepared on public health? Speak for yourself, says Gloucestershire
The Guardian

Gloucestershire county council has shared a director of public health with the NHS since 2007, explains councillor Andrew Gravells

[The Guardian](#)

2. UK's first learn to cycle programme for Foundation Stage children will raise physical activity levels in schools
Primary Times

Balanceability - the UK's first and only accredited 'learn to cycle' programme for Foundation Stage children will raise physical activity levels in schools, as required in the Government's Start Active, Stay Active policy.

[Primary Times](#)