



**Thursday 19<sup>th</sup> January**

**1. Colin Jackson urges Olympic team to trigger love of sport in children**  
**The Guardian**

- Former Olympic hurdler says athletes can stir a generation
- 'We need them to do well to inspire our young people'

[The Guardian](#)

**2. Exercise 'cuts cancer death risk by 30%'**  
**The Herald**

Dr Anna Campbell, lecturer in clinical exercise science at Dundee University, has studied the benefits of exercise on cancer patients since 2000, when she discovered there had been very little research on the area.

[The Herald](#)

**3. Zumba Fitness sells 6 million copies**  
**Metro**

Keep fit franchise Zumba Fitness has now sold a staggering 6 million copies worldwide, as new title Zumba Fitness: Rush is readied for Kinect.

[Metro](#)

**4. Fitness operators score poorly in phone survey**  
**Fitpro News**

Fitness operators' performance in answering their phones was rated as the worst in five years, according to a survey by Leisure-net Solutions.

[Fitpro News](#)

**5. SkillsActive to unveil Change Gear scheme**  
**Health Club Management**

SkillsActive, the sector skills council for active learning and leisure, has announced that it is to launch a new scheme to help Armed Forces personnel pursue a career within the sector.

[Health Club Management](#)

## **6. Cell recycling makes exercise good for you** **New Scientist**

Beth Levine at the University of Texas in Dallas discovered that, in mice, autophagy - the process by which a cell recycles dispensable components for extra energy - increases 30 minutes into exercise.

[New Scientist](#)

## **7. The rubber bands that could give you the butt of a supermodel (and you can do the exercises at your desk)**

**Daily Mail**

Experts say the bands allow the user to isolate very specific muscles in the legs and buttocks, and to work them accordingly.

[Daily Mail](#)

## **8. How diets are destroyed by home cooking: Large portions and clearing a plate blamed**

**Daily Mail**

Dieters relying on healthy home-cooked meals wreck their efforts to slim by dishing up large portions and feeling obliged to finish everything on their plate, a survey has found.

[Daily Mail](#)