



**Thursday 20<sup>th</sup> October 2011**

**Exercise and Industry**

**1. Redknapp praises yoga and pilates for footballer fitness**  
**Sport.co.uk**

Tottenham boss Harry Redknapp extolled the virtues of yoga and pilates, two new forms of exercise he has introduced to White Hart Lane to improve his players' fitness levels.

[Sport.co.uk](http://Sport.co.uk)

**2. Ten Minutes: Post-baby workout**  
**London Evening Standard**

Being a new mother can leave you wondering when you're ever going to have the energy and time to get exercising again. Exercise is important, as it helps tone up stretched muscles, promotes good circulation and helps with posture.

[London Evening Standard](http://London Evening Standard)

**3. Your best-ever-body-by-Christmas workout**  
**Zest**

Get LBD ready with our seasonal shape-up. More than half of UK women diet in preparation for their Christmas party. But there is another way. Forget slogging it out at every aerobics class the gym has to offer. Think a targeted exercise campaign.

[Zest](http://Zest)

**4. Fighting Fit - New career for Sale mum**  
**Messenger**

Fitness fanatic Jo Rosenberg has swapped her PR career to set up her own personal training business aimed specifically at women.

[Messenger](http://Messenger)

**5. NouriSH Me Now**  
**Yorkshire Life**

Like most busy mums, competitive triathlete Lynwen Harrison found she had little time to exercise after the birth of her second child. Her solution was to train smarter and focus on two hard sessions a week.

[Yorkshire Life](#)

## **Health and Lifestyle**

### **1. Dame Kelly Holmes visits Greenford nursery Ealing Gazette**

Olympic champion Dame Kelly Holmes has visited Greenford to launch a healthy living initiative aimed at keeping toddlers fit.

[Ealing Gazette](#)

### **2. How personal trainer made himself obese... to understand what being fat feels like Daily Mail**

His round, wobbling stomach signals morbid obesity - but just six months ago, part-time personal trainer Drew Manning's body was rippled, honed and toned to impressively fit proportions.

[Daily Mail](#)

### **3. Men use their heads as they Change4Life Wales.Gov.UK**

The Welsh Government has launched a major new drive today aimed at getting men aged 45-55 to take their health and fitness seriously.

[Wales.Gov.Uk](#)

### **4. Scan your skin The Northern Echo**

A new campaign called Be Clear About Cancer has been launched by the North of England Cancer Network to try to encourage more people to go to their GPs if they notice any suspicious symptoms.

[The Northern Echo](#)