



Monday 21st November 2011

Exercise and Industry

**1. London 2012 will fail to deliver lasting legacy for young, says Lord Moynihan
Guardian**

The 2012 London Olympics will fail to deliver any lasting sporting legacy for most young Britons because of six years of failed government policy and "missed opportunity", the chairman of the British Olympic Association says today.

[Guardian](#)

**2. Call for mandatory PE tests alongside maths and reading
BBC News**

Sports medicine specialists say governments across the UK have squandered the chance to create an Olympic legacy of fitness. Their conference in London is calling for mandatory "physical literacy" tests in schools, alongside reading and maths.

[BBC News](#)

3. The new gym price battle: costs drop to £12 a month - and no joining fee

Brands such as Klick Fitness, Fit4Less, and Pure Gym are offering no-frills gym membership from £11.99 a month upwards, often with no joining or admin fee and without the need to sign a year's contract. Stelios is on the act too with two easyGyms up and running and more facilities planned.

[Thisismoney.co.uk](#)

Health and Lifestyle

**1. NHS introduces £1,500 talking plate which warns fat families about their eating habits
Daily Mail**

Doctors have a new weapon in the battle to beat obesity – a talking plate that tells people not to bolt their food. The Mandometer monitors the amount of food leaving the plate and tells users who gobble: 'Please eat more slowly.'

[Daily Mail](#)

2. Pharmacy alarmed at dieters' poll **Press Association**

One in 10 people would starve themselves to lose weight, rising to one in five of those aged 18 to 21, according to a new poll. The survey of 3,000 people also found one in 20 would consider surgery, such as a gastric band, to shed the pounds.

[Press Association](#)

3. Naturally shake off the winter blues **Femalefirst.co.uk**

Physical exercise has been proven to combat depression (one Duke University study found that exercise was more effective at treating depression than antidepressants). Exercise increases levels of endorphins in the body, which are known to make us happy. You don't have to do much exercise either - just 30 minutes a day for adults, even if it is just getting outdoors and going for a long walk.

[Femalefirst.co.uk](#)

4. Why women want to gain weights **Guardian women's blog**

Instead of worrying about shedding pounds, more women are looking at weightlifting as a way to become fitter.

[Guardian](#)