



Tuesday 22nd November 2011

Exercise and Industry

1. FIA takes a lead to get the industry Legacy Ready fia.org.uk

The FIA supports the need to implement an Olympic and Paralympic physical activity legacy and is developing partnerships to ensure that we are legacy ready.

[FIA](#)

2. Government hit back at Moynihan over London 2012 legacy criticism Insidethegames

The Department for Culture, Media and Sport (DCMS) have dismissed Moynihan's claims, stating that London 2012 will create a huge legacy for young people, primarily through the new School Games.

[Insidethegames](#)

3. Children's fitness and weight a concern for teachers Thisiscornwall.co.uk

A nationwide survey conducted by the Haven Fun & Fitness campaign has shown that 87% of early years professionals are concerned that under- fives are not getting enough physical activity.

[Thisiscornwall.co.uk](#)

Health and Lifestyle

1. Nanny state health projects 'don't work' Daily Mail

Many multi-million-pound 'nanny state' initiatives by the Government aimed at boosting public health do not work and could even be causing harm, claims an independent study. Projects such as Change4Life, which is intended to get more people eating fruit and vegetables, have had 'little effect', it concludes.

[Daily Mail](#)

2. How to perk up your pecs **The Independent**

A six-pack is the Holy Grail of men's fitness. But just how difficult is it for an average male to achieve? Gym-shirker and beer drinker Tom Mitchelson gave himself just six weeks to get his abs in shape.

[The Independent](#)

3. 'Tsunami' of obesity-related disease warning for NI **BBC**

Northern Ireland faces a "tsunami" of obesity-related diseases with which the health service will struggle to cope.

[BBC](#)