



**Wednesday 23<sup>rd</sup> November 2011**

### **Exercise and Industry**

#### **1. ACSM reveals 2012 fitness sector trends Sports Management**

Strength training and programmes for older adults also featured as part of the top five trends, along with exercise as part of weight loss schemes and efforts to tackle childhood obesity.

[Sports Management](#)

#### **2. Running with the pack: Social fitworking Evening Standard**

Once the domain of the serious athlete, group fitness competitions have been redesigned for general use by everyone. As the new events launch in London, people are signing up in droves.

[Evening Standard](#)

#### **3. Gok Wan: I'm just as bad as the women on How To Look Good Naked Metro**

Gok has resorted to an unlikely first... the treadmill. "I'm going to be 40 in a couple of years," he said. 'I exercise now, which I've never done in my life but I exercise regularly and I have done for nearly a year-and-a-half now. It has completely changed my approach to how I feel about my body."

[Metro](#)

#### **4. Barefoot running: an overview of the science Guardian Sport Blog**

The evidence so far suggests that barefoot running produces some potentially beneficial changes, mostly related to how running form and kinetics are altered without shoes.

[Guardian](#)

### **Health and Lifestyle**

#### **1. Four cups of coffee a day 'can help prevent womb cancer' - even if they're decaf**

**Daily Mail**

Researchers, from Harvard School of Public Health in the U.S., said: "Increasing exercise and maintaining normal body weight are probably the most important ways to prevent endometrial cancer. However, additional strategies are needed and dietary habits such as coffee drinking could provide one option."

[Daily Mail](#)

## **2. Why eating too quickly is a fast track to an early grave**

**Daily Mail**

The tempo of everyday activities could have an impact on your health. The speed you walk at is as good an indicator of how long you'll live as your health history, smoking habits and blood pressure combined, U.S. researchers have found.

[Daily Mail](#)