



**Monday 24<sup>th</sup> October 2011**

**Exercise and Industry**

**1. Ida Lawrence, 105, says exercise classes keep her young  
BBC Health**

A woman aged 105 puts her good health down to taking part in regular exercise and "keeping her heart pumping a bit".

[BBC Health](#)

**2. Leisure Centre opens after 2.3million revamp  
BBC Derbyshire**

A Derbyshire leisure centre has reopened after a 10-month £2.3m revamp. The pool at Victoria Park Leisure Centre in Ilkeston opened on Saturday along with new upgraded changing rooms.

[BBC Derbyshire](#)

**3. US teen loses 150 pounds by devising his own motivational exercise game  
The Daily Mail**

At just 14-years-old, Taylor LeBaron was addicted to video games and eating - and weighed a shocking 297lbs. Now 18, the teen has transformed his body and his life. Over 18 months, the teenager, originally from Georgia, lost half of his bodyweight, turning his love of gaming into a motivational tool.

[The Daily Mail](#)

**Health and Lifestyle**

**1. Fall in diabetes and obesity for families who move to nicer area  
The Daily Mail**

Moving upmarket to a nicer neighborhood could improve your health, scientists have claimed after carrying out a comprehensive 20-year study. Poor women are significantly less likely to end up obese or suffering from diabetes once they are living in affluent suburbs, the research found.

[The Daily Mail](#)

**2. Increasing physical activity and sports can reduce early mortality risk by up to 40 per cent**  
**News Medical**

A new study has found that meeting the WHO's recommended level of 150 minutes per week of moderate physical activity of daily life or during leisure was associated with a reduction in mortality risk by ten per cent. For vigorous exercise and sports the reduction in mortality risk was more than twofold higher (22%).

[News Medical](#)