



Wednesday 25th January

1. Swimming lowers older adults' blood pressure **Reuters**

Researchers found that among 43 older men and women, those who started swimming a few times a week lowered their systolic blood pressure -- the "top" number in a blood pressure reading.

[Reuters](#)

2. Yoga with a punch **Evening Standard**

Forget Bikram and Ashtanga, 2012's new breed of yogas is a lot more fun - and fierce. We put fashion blogger Bip Ling and three other writers through their postures.

[Evening Standard](#)

3. Limbering up for a brilliant ski **City AM**

Obviously, the better your ski muscles are prepared, the better you'll ski. If you're one of the many flocking to the slopes for February half term, you have ample time to prepare. The more time, the better you'll feel.

[City AM](#)

4. Hunt announces £500m sport funding boost **Sports Management**

Culture secretary Jeremy Hunt has announced that sport is to receive £500m worth of extra funding over the next five years, according to the latest National Lottery projections.

[Sports Management](#)

5. Nuffield Health acquires Greens Health and Fitness **Health Club Management**

Healthcare charity and fitness operator Nuffield Health has acquired Greens Health & Fitness, a chain of 15 fitness centres from De Vere Group.

[Health Club Management](#)

6. London 2012 Olympics: Beach Volleyball is most popular sport for ministers
The Telegraph

Figures show that ministers have bought almost twice the number of tickets for the sport – famous for its skimpy outfits – compared to the athletics.

[The Telegraph](#)

7. Cumbria GPs to offer exercise support
BBC

Patients who would benefit from more exercise but have difficulty getting started are to be given a helping hand by doctors in Cumbria.

[BBC](#)

8. Wild at heart: getting to grips with primal fitness
The Ecologist

Wild Fitness is one of a handful of companies across the world that extols the fitness method known as 'natural movement' (sometimes referred to as 'primal fitness').

[The Ecologist](#)