



**Friday 25<sup>th</sup> November 2011**

### **Exercise and Industry**

#### **1. Studies have found that a daily bout of hard exercise can drastically cut your risk of cancer** **Men's Health**

A study published in the *British Journal of Sports Medicine* found doing 30 minutes of intense exercise a day reduces your cancer risk by an average of 50%.

[Men's Health](#)

#### **2. Britons believe Games will boost country's morale** **Fitpro**

However, the public were more sceptical regarding health and fitness, highlighting how much work remains to be done on the Games' legacy. Just a quarter of respondents think that London 2012 will help promote grassroots sport and only 20% believe that London 2012 could help improve the health of Britain.

[Fitpro](#)

#### **3. £1m more funding for London facilities** **Sports Management**

London mayor Boris Johnson has announced that 20 projects at sports clubs, playing fields and recreation grounds across the capital are to benefit from a further £1m of funding.

[Sports Management](#)

#### **4. Doctor's orders for top fitness** **Lancashire Evening Post**

Lancashire Teaching Hospitals, which runs Royal Preston and Chorley and South Ribble Hospitals, has invested more than £40,000 in cardiopulmonary exercise testing equipment as part of its new 'fitness for surgery' initiative.

[Lancashire Evening Post](#)

#### **5. 12 health benefits of running** **Zest magazine**

A dozen health reasons for running should be enough to get even the most reluctant runner out on the road.

[Zest](#)

Health and Lifestyle

**1. Early intervention to tackle obesity saves pounds**  
**Guardian**

Voluntary sector groups like ours, that help people to get fit, come off drugs, and improve their mental health can save the NHS millions, says Healthworks manager Tim Woolliscroft.

[Guardian](#)

**2. Harnessing the power of the mind to overcome obesity**  
**The Independent**

To date, behavioural change programmes have tended to focus on diet and exercise without addressing the fact that some patients have deep-seated emotional issues leading to entrenched beliefs.

[The Independent](#)