



Wednesday 26th October 2011

Exercise and Industry

1. Forget perfect bodies – just get us healthy, gyms are told **Evening Standard**

Fitness clubs should stop giving people false hope of attaining the perfect body through working out, equalities minister Lynne Featherstone said today.

[Evening Standard](#)

2. Culinary experts explain how they keep fit **The Telegraph**

Britain's culinary experts explain how they keep fit , with advice from Henry Dimbleby, Mary Berry, Mark Hix and Paul Hollywood.

[The Telegraph](#)

Health and Lifestyle

1. The new health ticking timebomb: Young adults who are 'picture of health' at risk of clogged arteries

Daily Mail

A high proportion of 'apparently healthy' young adults are at risk of clogged arteries, a study shows

[Daily Mail](#)

2. Camilla: Glossy magazines and my fear for girls who crash diet to look like models **Daily Mail**

Young women who go on drastic diets to copy celebrities face a 'ticking timebomb' by putting themselves at risk of osteoporosis, the Duchess of Cornwall has warned.

[Daily Mail](#)