



Friday 27th January

1. Olympic campaign helps nurses promote lifestyle changes for over 50s Nursing Times

A new campaign has been launched to help nurses encourage patients over the age of 55 to be more active. Your Personal Best aims to promote lifestyle changes among the 7.8 million Britons in this age group who have long-term health problems.

[Nursing Times](#)

2. Beware of cowboy personal trainers People.co.uk

REPs recognises and regulates exercise professionals who meet the UK's national standards. These standards are created by SkillsActive, the Government licensed sector skills council for the active leisure and learning industry, which states exercise professionals must hold recognised qualifications specifically relating to the field in which they are instructing.

[People.co.uk](#)

3. Medication helps some with mild depression Reuters

People with "transient depression" that will improve with diet or exercise or after a few weeks of therapy "shouldn't be taking the risk of being on meds," he told Reuters Health.

[Reuters](#)

4. Be Body Confident - Beauty Comes in all Shapes and Sizes The Huffington Post – Lynne Featherstone's blog

Since we launched in November 2010 the campaign has been steadily gathering momentum. I've convened a group of experts to identify non-legislative solutions to tackle the causes of low levels of body confidence. We're trying to influence industries with the power to affect young people - including sport and fitness, fashion and retail, youth and education, media and advertising, and the beauty sectors.

[The Huffington Post](#)

5. Fitness: Classes The Wharf

Virgin Active's group exercise manager Gillian Reeve's said the popularity of Zumba has led the way for new trends in 2012.

[The Wharf](#)