



## **Monday 30<sup>th</sup> January**

### **1. More men choosing surgery to improve their looks The Independent**

Tummy tuck is fastest-growing procedure as image-conscious males forgo the gym in favour of the knife.

[The Independent](#)

### **2. Hard at it in the all-night gym The Guardian**

Who on earth wants to work out in the middle of the night? We visit one of the growing number of 24-hour gyms to find out.

[The Guardian](#)

### **3. How to fight fat after 40 Daily Mail**

Over 40, I believe you need to do at least 45 minutes of aerobic physical activity five or six times a week and 30 minutes of strength training twice a week. Training with weights stimulates muscles to activate all the body's other systems (endocrine, cardio-vascular), which then adapt and grow stronger to support your stronger muscles.

[Daily Mail](#)

### **4. Kirsty Gallacher hails initiative designed to improve lives of children through sport Daily Mail**

Kirsty Gallacher is supporting Sky Sports Living for Sport a free secondary schools initiative that uses sport stars and sport skills to skills to improve the lives of thousands young people across the UK.

[Daily Mail](#)

**5. Lifecoach: Is swimming the best exercise for a bad back?**  
**Daily Telegraph**

Although a bad back quite often deters people from exercising, conventional wisdom proffers exercise and movement as an essential recovery and maintenance tool for backs.

[Daily Telegraph](#)

**6. Olympics fever will help to make 2012 the year of the bike**  
**The Guardian**

The success of Mark Cavendish and expectations for the Games have raised cycling's profile – and the sport is now bringing a £3bn boost to the economy.

[The Guardian](#)

**7. Nearly half of people with rheumatoid arthritis are inactive despite benefits**  
**Nursing Times**

Over 40% of rheumatoid arthritis sufferers are not physically active despite the benefits involved, according to a new study.

[Nursing Times](#)

**8. CBeebies show gets young children into yoga**  
**Northampton Chronicle & Echo**

'Have you heard of Waybuloo?' asked Northampton yoga teacher, Samantha Nixon.

[Northampton Chronicle & Echo](#)