



## **Tuesday 31<sup>st</sup> January**

### **1. Apps to help you drink less, exercise more and stop smoking The Guardian**

January is almost over – which means you've probably abandoned your new year's resolutions already. Get back on track with these great apps, as tested by Ruth Jamieson.

[The Guardian](#)

### **2. Eat your way to a better workout Daily Express**

It doesn't matter if you are a dedicated gym bunny, pound the pavement a few times a week or have just discovered the joys of Zumba, your exercise regime will pay better dividends if you eat a healthy diet.

[Daily Express](#)

### **3. Over half of men quit the gym by end of January Fitpro News**

Research has shown that over a third of people will have cancelled their new gym membership by the end of January, with 59% of men quitting compared to 15% of women.

[Fitpro News](#)

### **4. Doctor who ran from John O'Groats to the Sahara becomes Scotland's fitness czar Daily Record**

Dr Andrew Murray begins a six-month role as the Scottish Government's physical activity champion next week.

[Daily Record](#)