

## HEALTH AND FITNESS NEWS

**Stat:** Daily exercise leads to a 36% reduction in the risk of cancer



### FITNESS FANATICS 'BOOST EXERCISE INDUSTRY'

→ Britain's continuing obsession with all things fitness has led to a boom in the industry, data from Simply Business suggests. In the past five years there has been a mammoth 272 per cent increase in the number of independent dieticians, and a 59 per cent growth in boutique gyms. The love of exercise isn't nationwide, however; London scoops up the lion's share of fitness fanatics with an 80 per cent rise in health and fitness businesses, but in Glasgow firms in the same sector have declined.



### SHAMPOOS AND SOAPS SPAWN SUPERBUGS

→ Scientists studying the fluff found in changing rooms have found more evidence of a link between the use of anti-bacterial chemicals in cosmetics and superbugs. Dust containing a high level of antimicrobial residue from shampoo, toothpaste and soaps was found to also contain an abundance of antibiotic resistant microbes, research published in the *Journal Of Environmental Science And Technology* showed.

# EXERCISE OFFSETS DRINKING RISKS

► Hot on the heels of research suggesting an hour of daily exercise counteracts the dangers of a day spent desk-bound comes a large study indicating that regular exercise **offsets the harmful effects of alcohol**. Researchers from the University College London and University of Sydney found that even moderate drinking raised the risk of cancer by 47 per cent and early death by 16 per cent, but adults who clocked up 150 minutes of physical activity weekly were no more likely to die than teetotallers and cut their risk of cancer by 36 per cent.



#### NEWS IN BRIEF:

1. Teens are 16% less likely to choose a sugary soft drink if it bears a label warning them about the risks of obesity, diabetes and tooth decay, a US study suggests.
2. Dark skies meant more pain, but sunshine offered relief for 9,000 chronic pain sufferers surveyed, research by the University of Manchester showed.
3. Heart disease patients who did the recommended quota of weekly exercise saved \$2,500-plus per year in health costs, the American Heart Association found.

### LIFE IN DOUGHNUTS

One 100g serving of houmous

74% of a regular glazed doughnut

**160 = 160**

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