

# Conference News

## HEALTH & WELLBEING

# Every move you make...

With recent research indicating that inactivity 'kills more than obesity', it's time to get delegates moving

A 12-year study of more than 30,000 people by the University of Cambridge suggests that a lack of exercise could be killing twice as many people as obesity in Europe.

Researchers claim around 676,000 deaths each year were down to inactivity, compared with 337,000 from carrying too

much weight. They concluded that getting people to do at least 20 minutes of brisk walking a day would have substantial benefits.

Commenting on the findings, Barbara Dinsdale from the charity Heart Research UK, said: "This study once again reinforces the importance of

being physically active, even when carrying excess weight.

"Changing your lifestyle is all good news for heart health, but physical activity is always easier to achieve and maintain without carrying the extra 'body baggage' of too much weight."

While it would perhaps be

frowned upon for you to stand up mid-conference and proceed to go for a brisk-walk around the room, venues are increasingly developing new initiatives that focus on delegate wellbeing either through exercise initiatives or healthy foods. *CN* checks out a selection below:

### And for a teambuilding activity, how about a group walk?

Marylebone Walks, is a guiding and walk company launched by industry professional Susie Fairfax, which aims to get delegates out of the conference hall and into the fresh air for a group walk. Delegates can enjoy a walk exploring Regents Park while hearing about the history, the wildlife, the architecture and the scenery. This can be followed with a quiz over drinks or a meal.

