

Chief Medical Officer

prescribes activity for all (June 2004)

The Chief Medical Officer has issued a stark warning about the health risks associated with Britain's 'couch potato' culture. His new landmark report about physical activity, At Least Five a Week, offers targets for weekly exercise and highlights the dangers of ignoring the obesity epidemic. The report contains a chapter that highlights the health benefit of physical activity for older people.

Help the Aged is conducting some research into physical activity and older people and would welcome views from readers of Policy Update. Please contact David Sinclair with your views.

David Sinclair