

WORLD NEWS



HEALTH BITES FROM AROUND THE GLOBE

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www.cantoo.org.au

Can Too is a Sydney based non-profit program that links fitness incentives to good causes. Professionals and novices get free coaching and in return seek sponsors to support their fitness goals. Money raised goes to Cure Cancer Australia, funding Australian scientific research. Since 2005, Can Too has raised over \$1.6 million for Cure Cancer Australia while training over 1,000 Aussies for various running and swimming events. Run! Swim! Cure cancer! You can too!



SCOTLAND

HARDWIRED FOR HAPPINESS?

Psychologists from the University of Edinburgh, in conjunction with the Queensland Institute for Medical Research, studied over 970 sets of twins to try to find out what makes us happy: our genes or our environment. Analysis of the results from this study revealed that those who were happier tended to have certain personality traits – they were sociable, conscientious and goal oriented. The researchers concluded that about half of all of us have happiness in the genes but cautioned that people without a natural 'happiness' personality could still improve their mood by adopting positive traits.



A RECENT SURVEY OF AUSTRALIANS FOUND OVER 93 PER CENT OF US BELIEVE WE SHOULD BE MORE WATER CONSCIOUS, INCLUDING IN THE LAUNDRY. WORK OUT YOUR LAUNDRY'S ECO FOOTPRINT WITH THE CLEVER ONLINE CALCULATOR AT WWW.THEGREENCLEANER.COM.AU



USA

WEIGHTING FOR FATHERHOOD

There may be a connection between obesity in males and sterility, according to researchers at the Pennsylvania University College of Medicine in Hershey USA. Based on a study of 87 men aged 19 to 48, they found that obese men had lower levels of testosterone and other essential reproductive hormones compared to the more slender men in the study. The results may point to excess body fat increasing the conversion of testosterone into oestrogen in men. This means there is yet another reason to maintain a healthy weight to ensure you can contribute to the growth of future generations.



ISRAEL

TRAVEL ACHES



According to research from the Bnai Zion Medical Centre in Haifa, Northern Israel, headaches are a big problem for plane travellers. Based on a study of 906 men and women who had flown more than once, a reported six per cent experienced a headache that was associated to flying, with nearly 20 per cent of these people getting a headache every time they flew.

The report suggests that there could be a number of contributors such as stress, poor air quality, noise and changes in barometric pressure. Ways to improve your experience and reduce the possibility of headaches include staying well hydrated and investing in earplugs to block out engine noise and other disturbances.

FAST FACT:

Eating your food too fast and eating till you are over-full can double your risk of becoming overweight, particularly in this day and age where our portion sizes seem to be getting bigger and bigger.

Eat slowly and listen to your body when it tells you it's full



TEXT: KATE JOHNSON AND MICHELLE DALL. SOURCES: SCOTLAND – HAPPINESS IN THE GENES: STUDY, 6 MARCH 2008. WWW.ABC.NET.AU; USA – REUTERS HEALTH NEWS, 20 SEPTEMBER 2008; FERTILITY AND STERILITY: AUGUST 2008; ISRAEL – REUTERS HEALTH NEWS, 27 AUGUST 2008; CEPHALALGIA: AUGUST 2008; THE GREEN CLEANER – MEDIA RELEASE: AUSSIES WHET THEIR APPETITE FOR WATER – RESEARCH FROM BIOZET REVEALS AUSTRALIANS WASH THEIR HANDS OF BAD WATER HABITS: FAST FACT – FAST EATING A FAST TRACK TO OBESITY; BIANCA NOGRADY, ABC SCIENCE, 22 OCTOBER 2008