

# Exercise? Scots just not bothered

ANDY PHILIP

## Medical chief slates young people

SCOTS who say they do not have time to exercise are not always being honest, the chief medical officer has suggested.

What they might really mean is they cannot be bothered, Sir Harry Burns told a conference on sport and exercise in Edinburgh.

"Lots of young people say they do not have time to exercise, lots of people say they do not exercise for health reasons – that seems a bit paradoxical," he said.

"Fewer people say they do not exercise because there are not facilities there and fewer still say they don't exercise because they are not motivated.

"Do we think they are telling the truth? "This notion that 'I don't exercise because I don't have time' ... is that them not willing to say, 'I can't exercise because I can't be bothered?' If you can be bothered, you make time."

People with health problems should understand that "most"

conditions can be improved with exercise, he said.

Sir Harry, who is stepping down from the role to become professor of Global Health at Strathclyde University, said people were less active for reasons including poverty and reduced levels of active work, calling for an overhaul in the approach to healthy living.

Smoking, diabetes and obesity are bad for the health but fitness is being ignored by the public, he warned.

"They do not understand the significance of physical activity in terms of it being just about the single most important thing you can do for your health," he said.

The focus on health and obesity comes on the day an American academic warned people in Scotland risk "sleepwalking into obesity" if they do not exercise.

Professor Steven Blair, from the Arnold School Of Public Health at

South Carolina University, said a "greater emphasis" had to be placed on physical activity to prevent the obesity problem in Scotland reaching US proportions.

Professor Blair was a speaker at the event organised by the Royal College of Physicians of Edinburgh and the Royal College of Surgeons of Edinburgh.

He claimed physical inactivity had become "the biggest public health challenge of the 21st century", and said people must consider their levels of activity as well as just their diet.

A Scottish Government spokeswoman said: "Increasing physical activity is a key element of our strategy to tackle obesity. The evidence on the multiple health and wellbeing benefits that can be gained from being more active is overwhelming, which is why we are investing £3 million on physical activity projects in Scotland."

## Style and substance



DESIGNER Joyce Young is celebrating after receiving an OBE at Buckingham Palace in the year that she marks the 20th anniversary of her business.

The graduate of Glasgow School of Art, whose company By Storm is one of Scotland's best-known wedding dress designers, has been recognised for services

to the fashion and textiles industry. Ms Young, 60, has also made outfits for Michelle Obama, Hillary Clinton and Susan Boyle. Picture: PA Images.

## Academics to strike over pay dispute

ACADEMICS from three Scottish universities are to strike for a full day on Monday as part of a UK-wide protest over pay.

Most members of the UCU union, which represents lecturers and support staff, will be taking part in a two-hour walk-out.

Staff at the universities of Aberdeen, Robert Gordon and West of Scotland will strike for longer as their institutions will dock them a full day's pay regardless of how long they take action.

UCU said the universities would face a legal challenge to recover money it believes was unlawfully deducted.

The union is in a pay dispute with UK universities after they were offered a 1% pay rise, which they say will leave staff with a real-terms 13% pay cut since 2009.

The Universities and Colleges Employers Association, which negotiates on behalf of universities, argues it is the best deal available.

## Court rejects Gilroy case review plea

THE highest court in the land has refused a convicted murderer's application to have his case reviewed.

David Gilroy was sentenced to life imprisonment and ordered to serve at least 18 years behind bars after being found guilty of murdering his ex-lover Suzanne Pilley and attempting to defeat the ends of justice.

The Supreme Court in London has now refused his application to have his case reviewed.

Gilroy went on trial at the High Court in Edinburgh in February 2012 and was convicted of murder in March that year following a 17-day trial. Ms Pilley's body has never been found.

The jury heard he was driven by jealousy, maintained a front of normality and embarked on a series of acts to cover up his crime.

He was convicted by a majority verdict after the prosecution argued that Gilroy killed Ms Pilley because she tried to break off their two-year relationship. He took 38-year-old Ms Pilley's body to a secret



JAILED: David Gilroy was found guilty of killing ex-lover.

grave, believed to be in remote Argyll near the Rest and Be Thankful pub.

Married Gilroy has protested his innocence since the day Ms Pilley vanished from the Edinburgh city centre business premises where she worked alongside him.

Judge Lord Bracadale told Gilroy, 49, when he was convicted that he hoped he would one day say where he abandoned the victim's body.

Gilroy's case made legal history when he became the first convicted killer to have his sentencing filmed for British TV though the camera focused only on the judge, Lord Bracadale.

## Cuts in police station access condemned

PUBLIC access to some police station counters will be restricted at the start of next month.

Police Scotland confirmed it is bringing in changes on March 3 across the country's 214 stations, following a controversial consultation.

Chief Constable Sir Stephen House originally considered closing public access at 65 stations but the number has reduced to 61.

Some communities will have longer opening times.

Assistant Chief Constable Wayne Mawson said local policing "remains the bedrock" of the new national service.

"These changes allow us to ensure more of the right people with the right skills are available at the right time and in the right places to serve communities in a manner that reflects the way

people now live their lives," he said.

Local policing has been enhanced and a new 101 non-emergency number is in place, he said. The Scottish Government was criticised by opposition politicians for the overhaul.

Scottish Labour MSP Graeme Pearson said: "This announcement will be a bitter blow for the 61 communities that will now no longer have easy, face-to-face contact with their local police officers.

"I'm pleased that through our campaigning and the campaigning of many others, we've managed to save at least some from total closure.

"The single police force was meant to boost support. Instead, under the SNP, the concept of local policing is fading."

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