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## City link to obesity

PEOPLE who live near a gym or a swimming pool are slimmer, research shows.

The more fitness facilities close to your home and the further you are from the nearest takeaway, the healthier you are likely to be, experts say.

Those with at least six facilities close by had a 1.22cm smaller waist circumference, BMI of 0.57 points lower, and body fat percentage that was 0.81 per cent lower, on average.

London School of Hygiene & Tropical Medicine researchers looked at 400,000 UK adults aged 40 to 70 and say urbanisation is a key driver of obesity.