SPORTS BRAS

Women experience needless breast pain when horse-riding

While 40% of women feel breast pain while riding, fewer than 20% wear a sports bra.

A survey of 1,324 women riders by the University of Portsmouth and Sparsholt College, Hampshire, found badly fitting bras affected both rider and horse. ‘A correctly fitting bra is essential for exercise,’ said lead author Dr Jenny Burbage.

Riders experienced breast pain most frequently in the sitting trot, with 21% saying it also affected the horse’s performance. An earlier study shows horse heart rate increases in response to the rider’s tension.

Better education is needed on bra fit and breast support, said Dr Burbage, especially for those women with large breasts. Previous research suggests 70% of women wear the wrong-sized bra.

Only 14% of small-breasted riders and 19% of large-breasted riders opted to wear a sports bra exclusively, compared to 82% and 9% of marathon runners.

‘With the population ageing, and an increasing number of cardiovascular and diabetes deaths since 1990, greater intervention to promote physical activity is required’ said lead author Hmwe Kyu.


CHILD HEALTH

Trampolining’s popularity leads to bounce in injuries

The increasing popularity of indoor trampoline parks is leading to a rise in children’s injuries, research reveals.

Injury Prevention journal reported research finding that 40 children needed medical treatment in six months in one Australian trauma centre alone.

The researchers reviewed medical records of under-17’s seeking treatment at an emergency department between July 2014 and January 2015. Of the 40 injured, 55% were girls, with an average age of 10.

Most injuries were caused by failed landings, but in 8 cases, the injury was caused by several using the trampoline at once, with 12.5% requiring surgery.

While past health and safety initiatives have focused on domestic home trampolines rather than those at centres, the findings indicate that revised safety standards are needed to counter the rising injury toll.

Lead author Dr Christopher Mulligan said his team would work on a ‘new standard for commercial trampoline parks’.


HEALTH & FITNESS

Five times more exercise needed to cut chronic disease risk

Weekly exercise rates should be five times higher than recommended, says a study published in the BMJ.

The World Health Organization (WHO) advises adults to do 600 metabolic-equivalent minutes (MET) of exercise a week, but researchers say it needs to rise to between 3,000 and 4,000 MET minutes.

Teams in the USA and Australia analysed 174 studies published from 1980-2016 on the relationship between exercise and disease. Higher levels of physical activity were strongly associated with lower risk of breast and bowel cancer, diabetes, heart disease and stroke.

They advise being more physically active at work, doing more domestic activities such as housework and gardening, and walking and cycling.

However, researchers found that most health gains occurred at an activity level of more than 3,000 MET minutes a week, which can be achieved by climbing stairs for 10 minutes, vacuuming for 15 minutes, gardening for 20 minutes, running for 20 minutes, walking briskly for 25 minutes or cycling for 25 minutes each day.

‘With the population ageing, and an increasing number of cardiovascular and diabetes deaths since 1990, greater intervention to promote physical activity is required’ said lead author Hmwe Kyu.