

For each Body+Soul story:

- What is the relationship asserted by each story?
- What statistical information is there?
- How did the statistics help to understand or believe the relationship?
- What statistical information would you like them to have given?
- If you were the researcher, how would you come to know this relationship?



WAY TO GO, TEAM!

WHY SPORTS PLAYERS ARE HAPPIER


After studying 459 athletes, researchers from the London School of Economics have found that people who play sport in a team not only score the benefits of exercise, they're more satisfied with life than solo exercisers. They say the social aspect of training with a team as well as the relationships you build boost happiness, while feelings of belonging to a group increase positivity.

1: B+S Feb 19 2017

GREAT NEWS FOR BAD JOINTS

45 minutes of exercise helps ease arthritis

A study of 1629 adults with arthritis in the US found those who did 45 minutes total of moderate-intensity exercise, such as brisk walking, each week were 80 per cent more likely to maintain or improve their functional health than those who did less physical activity.



2: B+S Feb 12 2017




BANISH MUSCLE BURN WITH...

A SAD MOVIE

Did the last hundred metres of your morning jog almost kill you? What you need to do is hit the couch and press play on a tear-jerker. New research out of Oxford University in the UK has revealed that watching sad movies acts as natural painkiller. The bonus comes as a result of our brains releasing feel-good endorphins to help us cope with the on-screen tragedy.

3: B+S Oct 16 2016



THE STATS

Each year in Australia, 30,000 people collapse from a sudden cardiac arrest and the survival rate is just 9-10 per cent. That means about 27,000 deaths – more than triple that of skin, prostate and breast cancer combined. Despite research showing that Australians view CPR as a "critical life skill", only a fraction of us know and feel confident enough to use it.

In contrast, in the US city of Seattle, the survival rate for a witnessed cardiac arrest is as high as 62 per cent. It's no coincidence that 75 per cent of its population is trained in CPR and the training was introduced to the mandatory high-school curriculum in 2013.

In Denmark, people are three times more likely to survive than a decade ago after a 2005 initiative made CPR training mandatory in primary schools and before acquiring a driver's license.

CPR is crucial because during a cardiac arrest, the heart suddenly stops beating. If nothing is done, the patient will have brain damage within four minutes; they're unlikely to survive after 10. The average ambulance response time in a metro area is nine minutes.

4: B+S Feb 26 2017

Articles taken from the Body+Soul liftout in the Sunday Mail newspaper from Oct 2016 to Feb 2017.