



# Yakult Digest

Yakult Newsletter Spring 2017

Featuring all the latest News and Views from in and around the UK

## Welcome

Welcome to your new look Digest! In 2017 Yakult is supporting British Science Week and to celebrate, in this issue we are looking to the stars.

Space - the final frontier... from Star Wars to Captain Tim Peake's historic space adventure we are all fascinated by planets, supernovas and faraway galaxies. Even Yakult is sending its' bacteria into space and as part of British Science Week we are also running the solar system! Read on to find out more about this new free fitness app.



## Making science part of everyday life - the British Science Association

Yakult's partner for British Science Week is the British Science Association (BSA). The BSA believes everyone should be involved in science - it should be part of society and culture, and not something separate. In fact it should be 'owned' by the whole community.

Established in 1831, the BSA is a registered charity that organises major initiatives across the UK, including British Science Week; the annual British Science Festival; regional and local events through their network of Branches; the CREST Awards, and other programmes for young people in schools and colleges. The BSA encourages people of all ages and backgrounds to engage with science, become ambassadors for science, and ultimately to be empowered to challenge and influence British science - whether they work in science or not.

The BSA is aiming to bring science out from the side-lines and into something that belongs to a wider community. To do this they need your help. You can get involved by becoming a member or a volunteer. Hundreds of volunteers throughout the country take on a wide range of roles, including planning and facilitating public event programmes, engaging people with British Science Week and even governing the British Science Association.

Do you want to create a world where science is discussed and debated everyday, and ensure that science is recognised as a fundamental part of culture and society? If you do, visit [www.britishsociety.org](http://www.britishsociety.org) for further information.

## Run the Solar System - It's out of this world

Run the Solar System is a new free fitness app, with the solar system scaled down to a 10k virtual race. Broadcaster and space enthusiast Dallas Campbell narrates your virtual race through space, which also features clips from the NASA archives.

All you need to do is register for the app to access the 10k training plan and a 5k training mission. Once you have undertaken your training you can then download and participate in the virtual 10k race any time during British Science Week (10-19 March 2017).

Runners across the world will be able to download the 10k race app and take part in this virtual race through space; which includes a leader board so you can track your performance against your friends worldwide!

In addition, with Yakult's support, the British Science Association (BSA) is holding a live 10k race event on Saturday 11 March 2017 at the Queen Elizabeth Olympic Park in London. There will be a special 'space-themed' race village featuring activities for the families and friends of participants.

As Adrian Hon, CEO of Six to Start (the company developing the app) said *"Running across the solar system is the next best thing to taking a real-life spacecraft - and the good news is that you don't need to train for years to do it! Whether you run every day or you're just starting out, thanks to our cutting-edge app... you too can dodge through the asteroid belt and run through the rings of Saturn!"*

The app and participation in the virtual race is free, but if you want to join us and take part in the live race there is a one-off donation of £15 to the BSA - entrants will receive a race number, chip timing, a finishers' medal, a goody bag (including a Yakult water bottle) and one year's free BSA membership.

**To register for the free fitness app and for further information visit:**  
[www.runthesolarsystem.com](http://www.runthesolarsystem.com)

## Where to get inspired by Space and Science . . .

Throughout the UK there are many places where you can explore space and science.



### National Space Centre, Leicester

New for 2017 - take a journey to the surface of the hostile planet, Venus. Travel through sulphuric acid clouds, encounter atmospheric pressure 92 times higher than on Earth and try to survive temperatures of up to 460°C.  
[www.spacecentre.co.uk](http://www.spacecentre.co.uk)  
0116 261 0261



### Jodrell Bank, Macclesfield

Visit the Space Pavilion exhibition to discover how Jodrell Bank scientists use radio telescopes to learn more about distant objects in space and even hear the sound of the Big Bang.  
[www.jodrellbank.net](http://www.jodrellbank.net)  
01477 571 766



### Novium Museum, Chichester

'Tim Peake; an extraordinary journey'. This exhibition will allow you to embark on a space journey that follows Tim Peake's astronomical adventure - from growing up in Chichester to becoming the first British European Space Agency astronaut.  
[www.thenovium.org/timpeake](http://www.thenovium.org/timpeake)  
01243 775888

## What are you doing this Science Week?

For a chance to win 1 of 3 unique 'Stariami' letter writing sets with 10 origami sheets and 5 matching blue envelopes - See page 4

# Dallas Campbell's Top12

Dallas, a keen promoter of maths, science and technology, has presented *The Gadget Show*, *Bang Goes the Theory*, *Treasure Hunters* and *Supersized Earth*.



### 1. Who inspired you to work in the field of science?

I'm not an academic. I have a very different view of the world of science as a writer and presenter. When I was growing up in the 1980's, it was watching television programmes such as *Tomorrow's World*, and people like James Burke and David Attenborough – they instilled in me a deep curiosity about the world. That's always what I'm trying to get across in the work that I do, science isn't just a subject that you do at school, it's the mechanism by which we make sense of nature. As I got older I started reading authors like Richard Dawkins, I particularly remember him doing the Royal Institution Christmas lecture in the early 1990s. There was a great moment of clarity when I actually understood the mechanics regarding the natural selection of evolution and suddenly I thought "Oh my god that's brilliant it's so simple why didn't I get that at school".

### 2. What are you currently working on?

Currently I am presenting a National Geographic series called *The Science of Stupid*. It's a sort of *You've Been Framed* for science. Great fun. I am also doing another National Geographic series about the future of energy solutions around the world and in addition to that I am writing a book about human space travel.

### 3. What's the best piece of advice you have been given, and by whom?

"Never turn down a glass of champagne".  
My mother in law.

### 4. When you are not working – how do you relax?

I play the guitar really, really badly. Unusually badly, but it's a good mechanism for trying to turn your brain off. I also love cooking and I have two children who I adore – just being with them, not cooking them you understand.

### 5. We all have favourites... what's your favourite:

**Book:** I have 5 or 6 books which I keep coming back to - they are favourites for different reasons and link to different parts of my life. If you are going to twist my arm - I am going to have to say *The Hitchhiker's Guide to the Galaxy*, Douglas Adams was a great hero of mine... and if you'd let me have two favourites my other would be

*The Hamlyn Younger Children's Encyclopedia* – published in the 1970's – a wonderful romp from Ancient Egypt, dinosaurs, to the invention of television and space travel. An illustrated encyclopedia I used to read nightly. It's the reason that I am doing what I am doing today.

**Film:** *Local Hero* by Bill Forsyth.

**Number:** I don't have a favourite number. Don't believe anyone who tells you they do.

**Song:** The song that I've just been listening to: *Girl From The North Country* by Bob Dylan. Ask me in 10 minutes and it'll be something else.

### 6. Why is science important?

Why is ANYTHING important? Science is the way that we understand how the natural world works. It is not a dogmatic thing, it's not a body of knowledge, it's a method. A constant work in progress that's subject to revision. It filters out our prejudices in a way that gets in the way of what's actually going on.

The second thing is that there is an inspirational quality to science – the stories of science capture a sense of wonder.

Richard Feynman, the physicist, explained it best when he spoke about the simple "pleasure of finding things out".

### 7. How do you keep a healthy work/life balance?

I don't. Does anyone? I don't believe them...

### 8. What is the funniest thing that has happened to you recently?

My son finding my old school reports and reading them out loud in front of my mother.

### 9. Tell us one thing about yourself that most people don't know.

I am a good close up magician – I don't have a stage name so any suggestions welcome.

### 10. What was your favourite toy \ (or game) as a child?

Lego.

### 11. Who would win a fight between Superman and Batman?

I think they would get on very well.

### 12. And finally... Do you have a nickname?

At school my nickname was 'Cell'. For reasons I won't go into here.

# Team Yakult

Features our partners at **Warrington Wolves** and double Olympic Silver medallist, swimmer **Jazz Carlin**.



## A Day in the Life of... James Morehen

**James Morehen** is Head of Sports Performance Nutrition at Warrington Wolves Rugby League club, he runs a sports nutrition programme for West Ham United Football Club, is studying for a PhD and in his spare time he writes about nutrition for Rugby World Magazine. Here he shares with Digest readers a fascinating insight into what a typical day looks like for him...

## Sports Nutrition in Professional Rugby

*"I start my day at 05:45 waking up and ready to leave the flat at 06:00. I get in the pool for 06:30 swimming until 07:00 then I arrive at the club for 07:30 to start my working day.*

*Being an applied sports nutritionist can be a demanding but rewarding job. Looking after the nutritional behaviours and attitudes of 30+ heavy hungry humans is not as easy as just eat this or just eat that!*

*Within the squad I have players at the low 80 kg right up to the heavy 110+ kgs. So a blanket approach to nutritional intake just doesn't cut the mustard any more. Add to that the boys who are about to go into surgery or have just got out of a hospital bed. They need your special attention on post-surgery nutrition to heal them as quickly as possible and get them back playing, after all this is their career and they want to play rugby not stand on crutches for months on end gaining fat mass.*

*Sculpting body compositions is a big part of my role, with increases in lean muscle mass and reductions in fat mass being the optimal target. The knock on effect of this, alongside a well structured strength and conditioning programme, can be crucial for rugby players with a deep hunger to defeat their opponents and win through skill, tactics and brute force.*

*The five, sometimes six, day weeks in the club, working on a full time PhD, rising before the birds and getting home long after the school rush is all worth it. Especially when you win the league and walk out with your team at two cup competitions at Wembley and Old Trafford - something most people will never ever do."*

## #SwimWithJazz

Looking forward to making a splash this summer? If you've been thinking about diving into your local pool and swimming more often, these top tips from double Olympic Silver medallist **Jazz Carlin** should inspire you to give it a go...

- **Dress for Success:** Swimming can be daunting if you're not 100% confident in the water. A good way of banishing those feelings is with a swimming costume that fits properly and that you are comfortable swimming in. Having a good pair of goggles is also key, so you are able to see ahead of you and feel in control of your strokes.
- **Mix It Up:** Always try and use a variety of muscles in your sessions, working on different strokes and different parts of the stroke. Kicking is a great way to focus on your lower body and a pull buoy is a great way to isolate your upper body. If you mix it up, you will benefit from a full body workout.
- **Eat Yourself Healthy:** It's important to make sure you eat before you swim but remember to give yourself time to digest food before taking part in any physical activity.
- **All the Gear:** If there is a particular stroke you are weaker on, there is some great equipment out there to help you improve. My favourite piece of equipment is finger paddles, they keep your stroke nice and long, and give you feedback if part of your stroke is slipping through the water. Fins are a great way to strengthen your legs and to work on certain stroke patterns, they allow you to have more propulsion through the leg part of your stroke too.
- **Eat, swim, repeat:** I always get really hungry when I'm training, so it's important to make sure you take enough snacks with you when you are planning a swim – energy levels and perseverance are crucial to improving your technique. Week by week you should notice a difference in your fitness the more you practice, and try and test yourself by going faster on each repetition or having less rest. This is great to improve your stamina and I use a lot of short interval training in my training.

■ **...and breathe:** This is something that many people struggle with but there are some exercises you can practise to build your confidence. Here are some useful tips: stand in the water with your head on the surface and turn your head to the side and breathe in, then put your head in the water and breathe out, repeat that to get a feel of the breathing pattern. Begin to use this in your stroke, moving your head to breathe and getting used to breathing in and out of your mouth. If you have access to a pool with shallower water, you can use your legs to walk on the bottom of the pool and then use your arms like you are swimming and get a feel of the breathing pattern while walking in the pool. This would let you focus solely on breathing and then you can gradually bring the legs into it.

**Jazz Carlin is the face of #SwimWithJazz, a campaign from Yakult designed to inspire everyone to get back in the pool.**

# It's all about the Science

We now hand over to our Science Team led by **Dr Louise Wilson** who share details of the department's recent activity, and outlines some of the research that has caught their eye:



At Yakult we thrive on finding out about the latest scientific developments – earlier this year we attended The 5th London Microbiome Meeting at St Thomas' Hospital; an event that encourages researchers to discuss and share their research in the field of the gut microbiome. This meeting included a presentation from Dr Jamie Lorimer from the University of Oxford on the 'Good germs, Bad germs' project, which allows the public to explore their own domestic microbiomes and find out which bacteria inhabit their kitchens. You can find out more here -

[www.goodgerms.org](http://www.goodgerms.org)

We are also pleased to have continued supporting the British Dietetic Association's Annual Research Symposium. Over 140 dietitians and student dietitians came together in



■ We send congratulations to the winners of the Clinical Team of the Year in Nutrition category, the team at Brownlow Health, and all the other winners and finalists at the General Practice Awards.

Birmingham and at the satellite Symposium in Northern Ireland, and it was great to see so many dietitians engaged in research. Yakult would like to congratulate Neasa Forde for winning the New To Research Award, which was supported by Yakult, for her research into the role of a novel gene-nutrient interaction in blood pressure.

Yakult has engaged in a wide range of academic and professional awards nationwide over the past 20 years. We are proud to have been involved with the General Practice Awards for another year, sponsoring the category for the Clinical Team of the Year in Nutrition. Held annually, the GP Awards serve to recognise, highlight and reward the hard work and innovation that gets carried out in GP surgeries across the UK. ■

## And in other news...

### Scientists have discovered bacteria that eat your plastic water bottles.<sup>1</sup>

A team of researchers in Japan have discovered a new species of bacteria with the ability to break down polyethylene terephthalate (or PET) – a plastic commonly used in packaging. These bacteria, named *Ideonella sakaiensis*, use two enzymes to degrade PET into a substance the bacteria can then use as energy to grow. Although an exciting new discovery which may lead to new ways of breaking down plastic, for now we should continue putting our plastic bottles in a recycling bin including our recyclable Yakult bottles!

<sup>1</sup> Reference: Yoshida S, Hiraga K, Takehana T et al. A bacterium that degrades and assimilates poly (ethylene terephthalate). *Science*. 2016 Mar 11; 351(6278): 1196-1199.

## Competition Time

- win 1 of 5 BrainBox® Space games

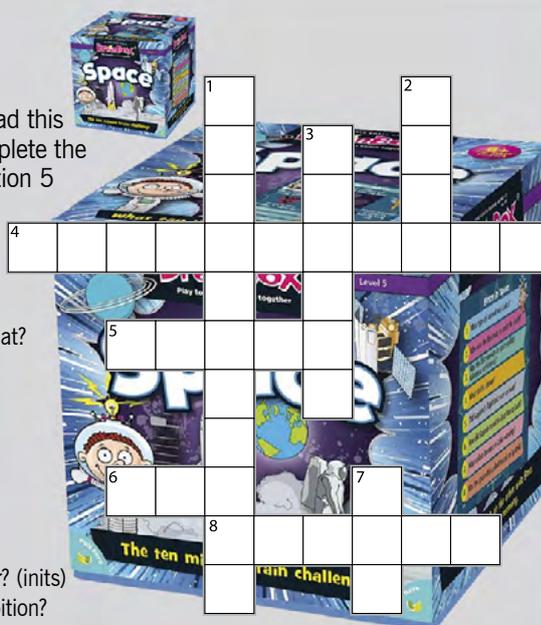
Test your space and science knowledge - read this issue of Digest to find the answers and complete the crossword. Then email your answer to question 5 to [info@yakult.co.uk](mailto:info@yakult.co.uk) by 31 July 2017.

### Down

1. Where can you hear the Big Bang?
2. What is Dallas Campbell's favourite toy?
3. Which university does Dr James Lorimer work at?
7. How many swimming tips are in the #SwimWithJazz article?

### Across

4. Warrington Wolves attended cup competitions at Wembley & \_\_\_\_\_ / \_\_\_\_\_
5. Run the \_\_\_\_\_ System is the name of the new fitness app supported by Yakult
6. Who organises British Science Week every year? (inits)
8. Which museum is running the Tim Peake exhibition?



#### Terms and conditions (applicable to competitions featured in Digest Spring 2017 edition)

1. Our competitions are open to all UK and Ireland residents except employees and their families of Yakult UK Ltd and its subsidiary companies, their agencies; 2. No purchase necessary; 3. The promoter reserves the right to substitute the prize for another prize of equal value without notice; 4. Prizes are non-transferable, non-negotiable and no cash alternatives will be offered; 5. The promoter's decision is final and no correspondence will be entered into; 6a. Yakult Crossword Competition only: Five winners will be selected at random by the promoter from entrants who answered correctly, winners will each receive one BrainBox® Space game; The closing date for receipt of entries is 31 July 2017; All winners will be notified by 7 August 2017; 6b. Yakult Stariami Letter prize only: Three winners will be selected by the editor from letters sent in, winners will receive one 'Stariami' letter writing set; The closing date for receipt of letters is 31 July 2017; All winners will be notified by 7 August 2017. A list of competition winners' names and county of residence will be made available on request and maybe used in future publicity by Yakult UK Ltd; 8. The promoter reserves the right to withdraw this offer at any time and without notice; 9. By entering, competitors agree to be bound by these terms and conditions. Promoter Yakult UK Ltd, Anteros, Odyssey Business Park, West End Road, South Ruislip, Middlesex HA4 6QQ, UK

## What are you doing this Science Week?



For a chance to win 1 of 3 unique 'Stariami' letter writing sets with 10 origami sheets and 5 matching blue envelopes, send us 100 words and a picture – telling us what you did during British Science Week – and we will feature the best letters in our next issue. Simply email us by 31 July 2017 at [info@yakult.co.uk](mailto:info@yakult.co.uk)