



Can exercise in old age keep you young?

Doing a lot of exercise in older age can prevent illness and protect people against infections, scientists say.

They followed 125 long-distance cyclists, some now in their 80s, and found they had the immune systems of 20-year-olds.

Prof Norman Lazarus, who himself is 82, took part in and helped organise the research said, "If exercise was a pill, everyone would be taking it. It has wide-ranging benefits for the body, the mind, for our muscles and our immune system."



Pictured: An indoor exercise class for the elderly.

Harry Potter Owl Spotted in Norfolk!



Pictured: A rarely seen Arctic snowy Owl.

A very rare owl, the same species as Hedwig in the Harry Potter films, has been spotted in Norfolk. Hundreds of bird watchers and fans went to RSPB Titchwell Marsh and RSPB Snettisham to try to spot the Arctic snowy owl. It was first seen last Friday near Wells-next-the-Sea – for the first time in Norfolk since 1991!

The RSPB believe it arrived from Canada or Scandinavia.

The birds fly low and hunt small mammals, including rabbits, but are content to perch for long periods, which appeals to birdwatchers.



How far would you travel for sweets?



Pictured: A typical sweet shop.

At the start of this year, Norway's tax on sweets and sugary drinks rose dramatically. All sweetened drinks, including diet drinks, are now taxed at about twice the rate of the UK's new higher-rate sugar tax, which will be introduced in April.

Because of this new law, it's now very attractive to drive into Sweden, where there is no sugar tax – and sugary goods are much cheaper, thanks to the EU's customs arrangements.

Peter heads to Abu Dhabi



Peter relaxing on Yas beach, Abu Dhabi

Last week, Peter escaped the snow and the rain in the UK and visited Abu Dhabi with the Picture News team as part of the British Schools in the Middle East event. He had an interesting time exploring the UAE and would like to share what he discovered!

The UAE - Interesting Facts

- 🌳 The UAE is home to the tallest building in the world—the Burj Khalifa. It stands over 828 meters, with more than 160 floors.
- 🌳 The week starts on Sunday! While most of you are still cosy in your beds on Sunday mornings, children in the UAE have to go to school and their parents head off to work. But don't worry, they get two days off in a week—Friday and Saturday.
- 🌳 The UAE is home to many man-made islands in Dubai. The Palm Jumeirah is so big, it's like a mini city with many hotels, homes, and even its own train line!

Do you have a Peter Bear in your school? If so, let us know what he's been up to and you might see your articles in the next Picture News Paper! If you don't have a bear yet, contact us using our details below to let us know about the adventures he might go on!

/ think...



YOUR COMMENTS

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