

Yahoo! reveal sports day classics will get you fit this summer!

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Yahoo!'s Egg and Spoon Workout

Yahoo! Eurosport teams up with celebrity fitness expert to create a nostalgic workout to get you beach-ready this summer

London, 12 June 2009: Research released by Yahoo! Eurosport today reveals that nearly a fifth of the nation (19%) is itching to jump back in the sack, in the literal sense! The poll by Yahoo! Eurosport has found that we are yearning to participate in the good old fashioned school sports day races of our childhood.

Some may say we need to grow up but Yahoo! Eurosport (www.yahoo.co.uk/eurosport), dedicated to connecting sports fans to their sport of choice this summer, has consulted top fitness expert and star of Celebrity Fit Club, Harvey E. Walden IV, to create the official "Yahoo! Eurosport Egg and Spoon Workout."

Erik Hartberg, Sports Editor Yahoo! Eurosport comments: "A quarter of the nation (25%) chose Egg and Spoon as the gold medal winner of races, with the perilous Three-Legged (19%) and Sack race (18%) taking the remaining spots on the podium. All of these classic events are incorporated into Yahoo! Eurosport's new fitness regime guaranteed to get you in shape for summer."

Harvey Walden adds: "As a fitness expert and personal trainer I appreciate that one of the hardest challenges when exercising is getting the motivation. Novel and interesting ways of mixing up your routine are one of the best methods to ensure you do not fall off the fitness wagon. The Yahoo! Eurosport Egg and Spoon Workout is the perfect example of this."

Read below for Harvey's workout in association with Yahoo! Eurosport, the largest sports community in Europe and see it online at <http://uk.eurosport.yahoo.com/11062009/58/yahoo-s-egg-spoon-workout.html> Just like the childhood excitement of school sports' day, there is never a dull moment with Yahoo Eurosport, who will be bringing you the most up to date, brilliant news from the world of sport this summer.

Choice %

Egg and spoon 25.15

Sack race 18.70

Three legged race 19.35

Beanbag relay 12.35

Skipping race 9.75

Tug of war 14.70

-ends-

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NOTES TO THE EDITOR

1 May OnePoll survey of 2,000 UK adults aged 16+

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