



Did you hear lately...

**Yakult is infused with ancient Japanese magic...**

Actually, it's all about the science (not magic)! Yakult has a long heritage and an amazing amount of science behind its iconic little bottle. Here we help de-bunk some of the magical myths around Yakult!

**The ancient hills of Japan hide the home of mystical Yakult.** Actually, the first bottle of Yakult was developed in 1935 in Fukuoka, Japan.

**The bacteria is a magical essence distilled from the giant bonsai tree.** Now we are being ridiculous! After many years of painstaking research, scientist Dr Shirota succeeded in selecting and cultivating a unique strain of bacteria, robust enough to reach the gut alive.

**Yakult was developed by an ancient order of wise men.** Nearly - a very clever team of Japanese scientists led by Dr Shirota himself.

**Yakult is made with magical tears of the magical mountain deer.** No! Each bottle of Yakult contains at least 6.5 billion of the unique bacteria *Lactobacillus casei* Shirota.



As you can see, there is no magic involved whatsoever! Yakult has a rich history and heritage which started in Japan and is now part of every little bottle around the world.

**Yakult's a little bottle of science and here are just a few facts why.**

- Yakult is passionate about science and invests in research, and technologies, to find potential applications for bacteria, developing advancements in food technology and, of course, microbiology.

- Yakult has nearly 300 staff and scientists working across the Yakult Central Institute in Japan and the European Research Centre in Belgium, where innovative findings are generated every day. These clever busy bees make sure that science is at the heart of our company, working with independent scientists and academics all around the world.

- Yakult sponsors independent researchers in hospitals, universities and institutes throughout the world, including the UK.

- In 2015, Yakult's central institute spent nearly £95m on research.

- Yakult is boldly going forth into space for experiments with astronauts on the International Space Station in collaboration with The Japanese Exploration Agency. Their mission is to study the potential of bacteria like those in Yakult.

So the next time you enjoy a little bottle of Yakult, remember it is a little bottle of science (not magic!).

Find out more about us here: [www.yakult.co.uk](http://www.yakult.co.uk)

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# Fitness Tips from Nikki Bartlett

In this issue elite triathlete Nikki Bartlett, professional triathlete, shares with us her advice on living a healthy and active lifestyle whilst also staying in shape.

To see an update on the IRONMAN challenges she will compete during 2017, as well a roundup of her achievements this year, visit [www.yakult.co.uk/nikki](http://www.yakult.co.uk/nikki)

## Fitness tips:

You don't need to be a full-time athlete to be in shape. There are so many opportunities out there to enjoy a healthy and active lifestyle. Here are some of my top tips;

### Tip 1 - Join a club, team or class

Let's be honest, life is better with laughter and sharing similar goals to those around you. Don't be shy or put off going to a club or class at the gym, you will instantly find people of similar ability at the same entry level to you. You will make heaps of friends and look forward to the next training session. I promise!

### Tip 2 - Nutrition

- Planning your meals is essential.
- Enjoy life – treats are a must, you need to enjoy the process. Everything in moderation.
- Don't be afraid of fats and carbs. Eat the right types, and at the right time of the day; it's essential for your diet.
- Make sure you have a shopping list. Sounds simple, but you need the right contents in your fridge and cupboards.
- Drink plenty of water through the day. Take a water bottle everywhere you go. No excuses that way!
- Don't skip breakfast or meals!
- Take healthy snacks with you.

### Tip 3 - Have a plan

Just like a nutrition plan, have a plan and goals for exercising. Whether that's entering a local Park Run, Tough Mudder event, or aiming to go from two exercise classes per week, to four or five in the space of three to four months. Setting a plan, or entering an event or race, keeps your mind in focus.



Photo: Huw Fairclough, IRONMAN

### Tip 4 - Share fitness with family and friends

Getting into a training or fitness regime doesn't have to be a lonely place. There are plenty of group classes or clubs to attend. You could also get your family and neighbours out with you for a weekend run or cycle. Or head out with your kids – I absolutely love seeing kids ride next to their parents. There are heaps of events these days where the kid's race is the day before, or a few hours before the adults'.

### Tip 5 - Enjoy it!

Being fit, leading a healthy lifestyle and being happy are so key in life. It will increase your enthusiasm, motivation and general happiness in the workplace too.

### Tip 6 - Throw away the scales

Trust me, it's just a number. Measure your improvement on happiness, hitting new goals, targets and how you feel about life and yourself. Not the number on the scales.

### Tip 7 - Keep goal setting through winter

Winter. It's tough, but it's tough for everyone. Keep some short term goals going through winter time to ensure you stay motivated and don't lose track, just because you need to put a few more layers on.

### Tip 8 - Look at how far you've come, don't always concentrate on the end process

It's so important to stay in the moment, appreciate the process and journey.

# The Yakult Gallery

We love how creative our readers can be with our little bottles and we are happy to share with you the results of two very creative projects!

## The Floating Garden Challenge!

**Mikayla Harrington**, a teacher at Minehead Middle School, put the call out to Yakult recently for 200 empty bottles. Her science class were working on a STEM (Science, Technology, Engineering & Mathematics) project and they needed help to build floating gardens!

Intrigued, we made further enquiries and found that this STEM Project was called the Floating Garden Challenge. Students needed to design and build a model structure that would enable farmers in countries prone to flooding to still grow plants successfully.

The students had to consider wider issues such as the impact of climate change, as well as the more practical details of what materials to use and the how to get their models to float!

After sending off the bottles we eagerly awaited the results and we weren't disappointed. Here is a selection of the gardens they created.



## Skittles galore in Locking Stumps!

Not to be outdone on being crafty with our little bottles, - the KidsZone group at the Thomas Risley United Reformed Church in Locking Stumps, Warrington, contacted us to share the results of their labours... creating skittles!

Run by volunteers for the past 14 years, Janet King told us about their KidsZone annual craft, games and singing week, which caters for children aged 7-10. Janet was happy to reveal this year's creations!

## Now it is your chance to shine

– can you solve our crossword?

Simply read this issue of Digest to find the answers and complete the crossword! For your chance to win a game send us your answer to question number 8 via email to [info@yakult.co.uk](mailto:info@yakult.co.uk) by 28 February 2017\*

### Don't delay!

#### Down

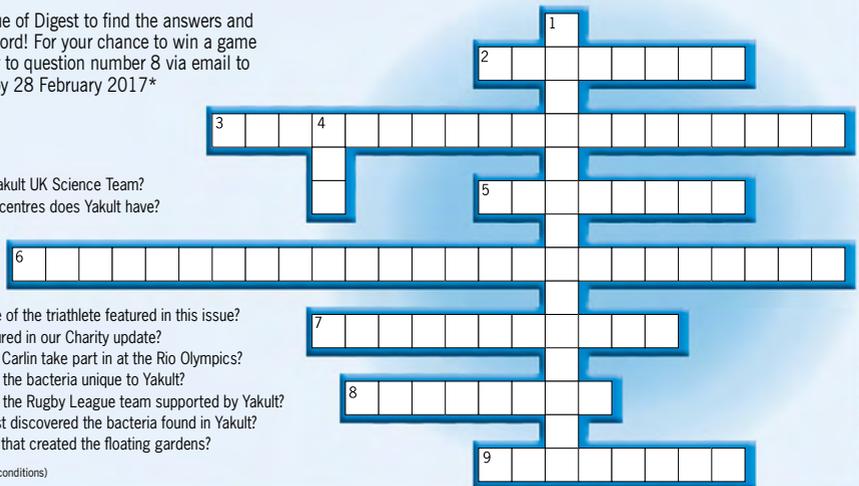
- Who is leading the Yakult UK Science Team?
- How many research centres does Yakult have?

#### Across

- What is the surname of the triathlete featured in this issue?
- What charity is featured in our Charity update?
- What sport did Jazz Carlin take part in at the Rio Olympics?
- What is the name of the bacteria unique to Yakult?
- What is the name of the Rugby League team supported by Yakult?
- Which nationality first discovered the bacteria found in Yakult?
- Where is the school that created the floating gardens?

## COMPETITION TIME

- win 1 of 5 Word Yahtzee® games!



\*(See back page for terms and conditions)

# Team Yakult! - Sports updates

## Jazz Carlin - Double Olympic medalist 2016

Yakult are delighted to provide you with an update on our 2016 support of swimming sensation **Jazz Carlin!** Jazz, became Team GB's first double medalist at the 2016 Rio Olympic Games after winning silver in the 400m and 800m freestyle.

These fantastic achievements mean that Jazz can now add these titles to her already impressive British, European and Commonwealth swimming successes. Jazz has already won double Gold at the European Championships in 2015 and made history at the 2014 Commonwealth Games, winning Wales' first Gold medal in the pool for 42 years.

### Jazz says:

*"I'm over the moon. Since I was a young girl it has been a dream to go to an Olympics and to finally achieve that after the rollercoaster of 2012 is a dream come true, but to be on the podium twice with two silver medals still feels surreal. I'm so grateful for everyone at home that's been supporting me and Team GB, and a special thanks to Yakult for all their support in a very special year! I'm back in the pool training, with eyes firmly set for Tokyo 2020."*



## Yakult supports Leeds Rhinos

**Leeds Rhinos will be hoping to return to the top of the Rugby League ladder in 2017.**

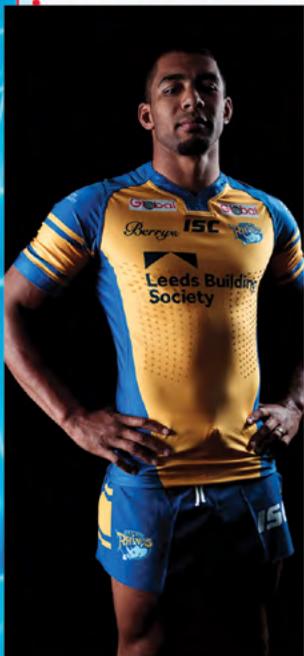
A year ago, the Rhinos were basking in the glory of becoming only the third team ever to complete the Super League treble having won both the Grand Final at Old Trafford and Challenge Cup at Wembley plus finishing top of the table. However, a nightmare twelve months saw the champions battling against relegation, dealing with an unprecedented injury crisis and washed out of their training ground home for six months after the Boxing Day floods in West Yorkshire that saw Leeds deluged with rain over the Christmas holidays.

The club, which was first formed in 1890, is looking ahead with confidence following the emergence of a group of talented young players from the much envied Rhinos Academy during 2016, plus the return to fitness of a host of internationals. The training ground, located in Kirkstall in Leeds, has been transformed after the floods, giving the players bigger and better areas in which to prepare for the toughest game of all; Rugby League. The Rhinos are the best supported club in the BetFred Super League and attract, on

average, a crowd of 16,000 at each home game at the famous Headingley Carnegie Stadium.

As part of the redevelopment, a new player's lounge area has been created where the squad can relax between weight sessions, meetings and practice on the field. Yakult products have also been made available for the squad to enjoy.

The Rhinos squad includes England internationals Brett Ferres, Kallum Watkins, Ryan Hall, Jamie Jones-Buchanan, Rob Burrow, Tom Briscoe, Carl Ablett and Stevie Ward, whilst Australian Test prop Keith Galloway and Papua New Guinean star James Segeyaro gives the squad an international flavor.



# Bacteria

# BULLETIN

In our regular feature, we hand over to the Yakult science team who will tell you about some recent winners of the Yakult Awards scheme. But first, we would like to introduce two new team members. Dr Louise Wilson who is now leading the science team, and supporting her, we welcome our new science officer, Victoria Avery.



Dr Louise Wilson



Victoria Avery

Every year Yakult UK is proud to sponsor a variety of awards, ranging from academic achievement to national awards recognising outstanding healthcare professionals. We would like to congratulate all of these students' and healthcare professionals' successes and share a few of the winners with you.

**Christina Chan** studied at Liverpool John Moores University where she gained a First Class BSc (Hons) degree in Biochemistry, and received the Yakult Award for Academic Achievement in Xenobiotics. Christina told us: *"The biochemistry degree at LJMU was a platform for my desire to work in the healthcare sector; I am currently studying a postgraduate diploma at the University of Newcastle and working towards becoming a physician associate. A physician associate will allow me to transfer my knowledge on Xenobiotics and health to the public."*



**Samira Gharbieh** studied for a Nutritional Medicine MSc at the University of Surrey, and received the Yakult Award for Highest Overall Mark. Samira told us: *"At present, I am a medical student at King's College London. Nutritional Medicine has given me an excellent foundation to build upon, and I am very excited to combine my passion for nutrition with my future practice as a clinician. Thank you Yakult for this wonderful prize."*



**Queen's University Belfast has awarded two Yakult Awards for students enrolled on the Food Quality, Safety and Nutrition BSc.**

**Sarah Allen** has been awarded the Yakult Award for Top Student.

**Rachel McKibben** has been awarded the Yakult Award for Best Project.



**Martin Murphy** and **Shauna Carrigan** have both been awarded the Yakult Award for 'Best Overall Final Year Mark' after attaining the same mark on the Human Nutrition & Dietetics BSc at the Dublin Institute of Technology.

Along with the university awards, we have been delighted to sponsor a number of national awards, including the *CN Community Nutrition Professional of the Year*, and the *RCNi Patients' Choice Award*.

This year, the *Community Nutrition Professional of the Year* award went to

**Joanne Ridgeway** (Lead Home Enteral Nutrition Dietitian for Adults, Lewisham & Greenwich NHS Trust), who was nominated by her colleague for inspiring the team to do their best for their patients.

*The RCNi Patients' Choice Award* recognises and celebrates the achievements of nurses who have had a huge impact on their patients, and is chosen by the public. The award winner this year was **Kelly Stackhouse** (Lead Bowel Function Clinical Nurse Specialist, Sandwell and West Birmingham Hospitals NHS Trust).

**Yakult would like to congratulate the winners and finalists of all of these awards.**



We have a dedicated website for healthcare professionals [www.yakult.co.uk/hcp](http://www.yakult.co.uk/hcp) where the full roll of honour is available, alongside a wealth of literature for healthcare professionals.

# Charity Update

This issue's Charity in focus is the Cystic Fibrosis Trust

**The Cystic Fibrosis Trust is the only UK-wide charity dedicated to fighting for a life unlimited by Cystic Fibrosis (CF) for everyone affected by the condition.**

Cystic Fibrosis (CF) is a debilitating and life-shortening genetic condition that slowly destroys the lungs and digestive system. It is caused by a defective copy of the gene that controls the movement of salt and water in and out of the cells, so the lungs and digestive system become clogged with mucus, making it hard to breathe and digest food. People with CF often look perfectly healthy, but it's a lifelong challenge. They endure hours of physiotherapy and take up to 60 tablets a day in order to maintain their health. They often spend many weeks a year in hospital to treat infections to which they are particularly susceptible - infections that you or I would easily brush off. Lung transplants often become the last resort for their health. The condition places a huge burden on those around them and can critically escalate at any moment. There is currently no cure.

The Cystic Fibrosis Trust funds research to develop innovative new treatments. Improved medicines and treatments are helping people spend up to 50% less time in hospital and live longer and healthier lives. We improve standards of care by working with CF centres and sharing best practice. We provide information and support for all those affected by cystic fibrosis. Our helpline gives information on a range of topics and provides a sympathetic ear to over 3,000 people a year. We campaign for change and, thanks to our work, CF was added to the heel prick test in 2007; every baby born in the UK is now tested for the condition at birth.



*Elliot with his family, enjoying life*

***“Every morning I wake up and think ‘is this the day Elliot has his first major chest infection? How will he cope with it?’ I worry about how he’ll manage with school and adult life, if he makes it that far. There is hope of a brighter future for people with CF, and this is all down to amazing research and the high-quality care. We will continue to fight for research into this cruel condition and won’t let it beat us.”***

**Nadine**, mother to Elliot, who was diagnosed with CF at birth.

We have made great progress; when the Trust began in 1964 a child with CF was lucky to reach their fifth birthday. Now, half of people born with CF can expect to reach 40. This is a huge improvement, but there are still too many dying too young and we will not stop until we beat Cystic Fibrosis for good – when everyone is able to live a life unlimited by the condition.

For further information see:

**[www.cysticfibrosis.org.uk](http://www.cysticfibrosis.org.uk)**

Registered Charity No: (England and Wales) 1079049,  
Registered Charity No: (Scotland) SC040196

Terms and conditions – Yakult Crossword Competition: 1. Competition open to all UK and Ireland residents except employees and their families of Yakult UK Ltd and its subsidiary companies, their agencies and anyone professionally connected with this competition; 2. No purchase necessary; 3. Five winners will be selected at random by the promoter from entrants who answered correctly; 4. Winners will each receive one Word Yahtzee® game; 5. The promoter reserves the right to substitute the prize for another prize of equal value without notice; 6. The closing date for receipt of entries is 28th February 2017; 7. All winners will be notified by 7th March 2017; 8. The promoter reserves the right to withdraw this offer at any time and without notice; 9. Prizes are non-transferable, non-negotiable and no cash alternatives will be offered; 10. The promoter's decision is final and no correspondence will be entered into; 11. By entering, entrants agree that they are willing to participate in publicity and that Yakult UK Ltd. shall be entitled to use entrants' names, ages and regional locations (though not full addresses) in publicity throughout all media, in perpetuity and free of charge; 12. A list of competition winners' names and county of residence will be made available on request; 13. 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

