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## Fit pals reduce the flab

WANT to fight the flab? Then ditch your couch-potato friends and hang out with carrot munchers, because being healthy can be contagious.

An Australian study has found women tend to mimic the eating and exercise behaviours of people around them.

Researchers at Deakin University in Victoria surveyed more than 3500 women and the results have been published in the *International Journal of Behavioural Nutrition and Physical Activity*.

Senior research fellow Kylie Ball said the findings could be used to pave the way for intervention strategies aimed at modifying social norms.