**BBC Sounds Fit and Fearless**

What is Health?

<https://www.bbc.co.uk/sounds/play/p07jtmq7>

Yoga, wellness and meditation

<https://www.bbc.co.uk/programmes/p060zs9b>

**BBC Sounds Health Check BBC**

How the smog in Delhi is harming people’s health

<https://www.bbc.co.uk/sounds/play/w3csy9kp>

Is drug addiction a criminal or public health issue

<https://www.bbc.co.uk/sounds/play/w3csy9kg>

Autism: the problems of fitting in

<https://www.bbc.co.uk/sounds/play/w3csy9k2>

**Channel 4 News Science podcasts**

Spice users playing ‘Russian roulette’

<https://www.channel4.com/news/spice-users-playing-russian-roulette>

**BBC iplayer**

The Big Hospital Experiment

<https://www.bbc.co.uk/iplayer/episode/m0008ryb/ad/the-big-hospital-experiment-series-1-episode-4>