

WHY MIGRANT CRISIS IS GIVING CAMERON AN EU HEADACHE

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BACK PAIN: THE 6 GOLDEN RULES TO FIGHT IT

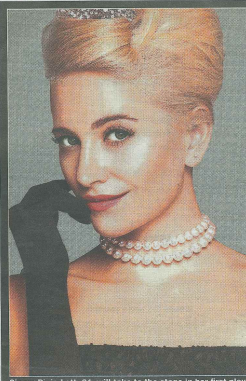
New guide will bring relief for millions

A SIMPLE set of daily rules is the best way to beat the agony of back pain, experts say. Disturbing new research has laid bare the alarming extent to which back trouble blights Britain's workforce. The official figures show seven

By Giles Sheehy

people in 10 have lived with recurring neck or back pain for more than a decade and three in 10 took time off work last year. The number of sick days caused by the condition reached by 29 per cent to almost 10 million in the year to 2014. And yet two-fifths of people

have done nothing to protect their backs, according to the British Chiropractic Association, which has issued six golden rules to help avoid problems. They include: sit up straight, do not remain seated for more than 30 minutes and walk every day. Last night, one chiropractor



Singer Pixie Lott, 24, will take to the stage in her first play

Pixie's breakfast date at Tiffany's

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Pixie says she loves Holly's style and free spirit



Pixie sparkles in Audrey role

By Mark Reynolds

SHE has that demure, butter wouldn't melt look and an elfin beauty, so it is little wonder that singer Pixie Lott has been chosen to star in Audrey Hepburn's famous role in *Breakfast At Tiffany's*.

The tiara and pearls are just right but one thing different in just-released pictures of her role as Holly Golightly is the hair colour... Pixie's blonde locks contrast with Audrey's classic brunette style.

Audrey made the part famous in the 1961 Hollywood adaptation of Truman Capote's story.

Now Pixie, 24, is taking the role to the Theatre Royal Haymarket stage, in London's West End, for a 12-week run starting in March next year.

Yesterday she told of her delight at the challenge after a busy year working on her fourth album.

"I am so excited to play Holly in *Breakfast At Tiffany's* in my first West End play," she said.

"I absolutely love Holly's style and free spirit.

"Audrey Hepburn has always been an icon to me and I can't wait to bring my own personality to the role.

"Alongside music, I've always wanted to be in a play.

"It is like a dream come true."

Audrey died in 1993, aged 63.



Audrey Hepburn starring as Holly Golightly

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