



Friday 13th January

1. Top leisure industry awards head to Sheffield

The Fitness Industry Association has announced it will hold the FIA & Matrix Flame 2012 Conference and Ball at Sheffield International Venues' Ponds Forge International Sports Centre and the Magna Science Adventure Centre Sheffield on June 27

[Incentive Travel & Corporate Meetings](#)

2. "Resilient" sports industry will keep outperforming UK economy thanks to London 2012, says new report

The London Olympics will help the UK sports market to grow by nearly two per cent in 2012, in spite of fears that the wider economy could be pushed closer to recession, according to a new report.

[Inside the Games](#)

3. The exercise scientist with a moving argument

Diet is less important than being active, leading researcher Steven Blair says

[The Montreal Gazette](#)

4. Scientists crack the code for the DNA diet

British scientists have cracked the code of the DNA diet and say a simple swab of saliva can determine the type of diet and exercise needed for successful weight loss.

[The Mirror](#)

5. Do men really care about their weight?

A major national study has revealed that over 80 per cent of men don't feel good about their appearance with four out of five men confessing to being unhappy about their body shape.

[The Scotsman](#)

6. Midlands scientists to play key role in keeping us fit and well as we age

Scientists in the Midlands are to share in a £5m research grant to reduce the pain and disability caused by ageing. They aim to establish what goes wrong with our bones,

joints, ligaments and muscles as we age and how diet and exercise interventions could help prevent this age related decline.

[Health Canal](#)

7. One third of 10-year-olds in city are overweight

One in three children in their final year of primary school in Plymouth are overweight or obese.

[This is Plymouth](#)

8. The 10 Best Fitness Gadgets

[The Independent](#)