



Wednesday 1st February

1. FIA respond to OFT investigation into gym and fitness operators FIA

The OFT has opened an investigation to consider whether gym and fitness companies are using or recommending unfair contract terms in breach of the Unfair Terms in Consumer Contracts Regulations 1999 and/or are engaging in any unfair business practices under the Consumer Protection from Unfair Trading Regulations 2008.

The FIA was quick to respond to the announcement and has scheduled a meeting with the OFT case team in February to further understand the investigation and the process. We will keep FIA members updated on the investigation as it progresses.

You can read the full FIA statement [here](#). FIA CEO, David Stalker has been quoted in several national media outlets responding to the OFT's announcement, including the [BBC](#), the [Daily Mail](#), [The Sun](#) and [Health Club Management](#).

2. Exercise 'helps post-cancer recovery' Nursing Times

Cancer survivors can experience an improvement in their general health and wellbeing if they take part in an exercise programme, a new report has claimed.

[Nursing Times](#)

3. Are you risking your health with cowboy exercise 'professionals'? Femalefirst.co.uk

Brits embarking on, or continuing fitness programmes they started at the beginning of the New Year are being urged to double check the credentials and qualifications of the people they are being given exercise advice by as regulators launch a campaign to crack down on cowboy personal trainers. The campaign is being run by the Register of Exercise Professionals (REPs) which regulates and certifies exercise professionals in the UK who meet strict criteria and training guidelines and is part of the Government's SkillsActive council.

[Femalefirst.co.uk](#)

4. Independent think tank launched for sports Sports Club Management

London-based Sports Think Tank will aim to stimulate debate and improve accountability in sporting policy and governance by engaging with decision makers and governing bodies.

[Sports Club Management](#)

5. Want a piece of the Olympic pie? Fitpro News

Sport England have urged community sports groups to bid for Olympic legacy funding to upgrade their facilities as they launched a £10 million National Lottery investment round.

[Fitpro News](#)

6. Fat doctors 'far less likely to help obese patients lose weight' Daily Mail

'Physical attributes of physicians have a much bigger contribution to their care of patients than I realized before', says scientist

[Daily Mail](#)

