



Thursday 2nd February

1. Fitness First changes top management team

Fitness First, the world's biggest health and fitness operator has carried out extensive changes to its top management team in response to financial pressures on its UK and Australian businesses, the Times reported today.

The decision by the company's owners, BC Partners, to reshuffle the board, was announced to Fitness First employees at its head office in Poole, Dorset on Tuesday.

Commenting on this announcement, David Stalker, CEO, FIA said: "Fitness First is a competitive business that has been hurt by the ongoing worldwide recession. It has endeavored to react to the money conscious market by delivering its budget brand Klick Fitness but has been unable to rectify its debt maturity problem.

"We acknowledge the business decision by BC Partners to recruit a new leadership team and as long standing members of the FIA, look forward to working with the new Fitness First board to promote physical activity."

[FIA](#)

2. Apprenticeships focus: We find 17,378 on offer Daily Mirror

This time last year, Joe Rust was out of work with no idea what, if any, employment prospects he had. Today, thanks to an apprenticeship in fitness, the sporty 18-year-old is working full time at his local leisure centre as a personal trainer, and is running his own boxercise classes.

[Daily Mirror](#)

3. Five common myths about exercise Times Educational Supplement

How much should we exercise? Why do muscles get sore? Are fitness drinks worth it? Find out the answers to these questions and more on the effects of exercise on metabolism and how to treat sore muscles in this short video featuring Greg Whyte.

[Times Educational Supplement](#)

4. Nuffield: Fit and healthy People Management

Although both sides of the business have had to embrace change, it is the fitness side

that has had to work hardest. The key challenge has been to increase the level of skill and commitment among staff so that the gyms really can help members achieve health benefits.

[People Management](#)

5. Pure satisfaction: Helena Christensen teams fitness with sexiness as she reveals that exercising is one of her greatest loves
Daily Mail

As she approaches her mid-40s, many of us may be wondering what is Helena Christensen's secret to looking so fit and youthful. And while it may not be an answer that we all want to get on board with, it really is just a simple one - a regular exercise regime.

[Daily Mail](#)

6. MRI scanner a 'quantum leap' in obesity research
BBC

An MRI scanner unveiled at a Norfolk hospital will enable pioneering research into the causes of obesity, scientists have said.

[BBC](#)

7. Sugar tax needed, say US experts
BBC

Sugar is as damaging and addictive as alcohol or tobacco and should be regulated, claim US health experts.

[BBC](#)

8. Huge London 2012 boost for British Handball Association following major sponsorship deal
Insidethegames

Handball is already one of the fastest growing sports in the country following its inclusion in the Change 4 Life programme, which has seen the sport introduced in more than 400 schools across the country.

[Insidethegames](#)

9. New fitness class launching for people who have a mental illness
City Local

City of York Council is launching a new fitness class for people who have a mental illness.

[City Local](#)