



Wednesday 4th January 2012

Exercise and Industry

New FIA partnership with Sky sends Shift into Sports national
Find out more [here](#)
[Login](#) to the FIA members area to get involved.

1. Gyms gearing up to beat downturn
Daily Mail

David Stalker, chief executive of the FIA, admits the last 12 months have been the toughest he has ever seen. 'We are not immune to the ongoing economic pressures facing all sectors,' he says.

[Daily Mail](#)

2. A timely investment
Health Club Management

FIA CEO David Stalker reports on the recent UN meeting on non-communicable diseases, the focus on physical activity, and the next steps towards encouraging higher levels of activity across Europe.

[Health Club Management](#)

3. Sporting Nation
BBC Radio 4 - Your & Yours

What's your Sport? In this Olympic year, Julian Worricker asks listeners what exercise they are doing regularly and why. How affordable is it to stay fit?

[BBC Iplayer](#)

4. LA Fitness teams up with Weight Watchers
Health Club Management

Weight Watchers and LA Fitness have announced a new activity partnership, which is designed to help a total of more than 1.2 million UK members adopt healthier lifestyles.

[Health Club Management](#)

5. Cancer patients 'need to know exercise benefits' **Nursing Times**

Most cancer patients (75%) believe their doctor or nurse failed to talk to them about the recovery benefits of physical activity.

[Nursing Times](#)

6. Military fitness: sun, sea and sweat **The Independent**

Today, BMF has 20,000 members panting their way around 120 parks across the country. Not content with conquering the UK, the company has now launched SunFit, a "holiday" at the four-star Las Playitas resort in the Canary Islands, with four holidays a year.

[The Independent](#)

7. Express Workouts **Elle**

Tim Foster, Virgin Active's head of fitness experience says, 'Fast Classes are popular with members looking for an effective whole body workout in a short space of time, before picking the children up from school, meeting friends for a drink or rushing back to work from lunch.'

[Elle](#)

8. What to wear to work out **The Guardian**

Sportiness couldn't be more on trend in this new Olympic year, so whether you're training with Gwyneth Paltrow's coach or running laps of the park, you need the right stylish kit.

[The Guardian](#)

9. Dukan Diet founder says students should be graded on their weight **The Telegraph**

France's top diet guru Pierre Dukan is urging the government to grade students on their weight in a bid to curb growing obesity.

[The Telegraph](#)

10. Let children play in the street to prevent them getting fat, says Diane Abbott **Evening Standard**

Ms Abbott, MP for Hackney North and Stoke Newington, said Londoners needed a "revolution" in their approach to children's lifestyles.

[Evening Standard](#)