



1. FIA's Shift into Sports Reaches for the Sky **Fitpro**

Shift into Sports, a health and fitness initiative that gives shift workers access to sports, fitness and pay-as-you-play opportunities at low cost and without long-term contracts, has now launched nationwide.

[Fitpro](#)

2. Third of men would sacrifice year of life for toned bodies **The Telegraph**

Researchers found that more than 95 per cent of men see or hear conversations which reinforce the ideal of leanness and muscularity in the media, and four in five gym members said they took part in this type of "body talk" while exercising.

[The Telegraph](#)

3. This weekend, look out for gym rage **The Telegraph**

Just joined a gym? Here are a few lessons on how to deal with exercise club bores.

[The Telegraph](#)

Read FIA's CEO David Stalker's letter to the editor in response to the article [here](#)

4. Memory loss can begin from age 45, scientists say **The Guardian**

"There is enough evidence to show the importance of healthy lifestyles and cardiovascular risk factors in adulthood for dementia," they write in the BMJ.

[The Guardian](#)

5. Jogging cuts chance of flu - but marathons make viruses more likely **Daily Mirror**

Research shows that those undertaking regular moderate exercise such as a daily brisk walk, can reduce their chance of catching a respiratory infection, such as a cold, by up to almost a third.

[Daily Mirror](#)

6. Extra help for that New Year's keep-fit resolution: An app that pays you to work out at the gym
Daily Mail

If you think you'll struggle with that New Year's resolution to go to the gym more often you might like to try the app that actually pays you to work out.

[Daily Mail](#)

7. Fitness queen Davina brushes off the competition to top DVD charts again
Daily Mail

The star has topped the New Year fitness charts with her latest fitness DVD – the eighth in her collection.

[Daily Mail](#)

8. 5 more reasons to lose weight
Men's Health

Looking lean might be motivation enough, but here's what else you stand to gain from every pound of excess fat you burn.

[Men's Health](#)

9. London 2012: Lowestoft gym hosts Australian and Canadian hopefuls
BBC

Gymnasts from Australia and Canada are in Lowestoft and are using the town as a base as they try to qualify for London 2012.

[BBC](#)

10. Fitness: MovNat - or moving naturally - the new way to get in shape
The Guardian

The latest fitness craze about to hit the UK is all about using our bodies intuitively - like our monkey ancestors - not slavishly working out for a rippling six pack. Paul Torpey tries a class.

[The Guardian](#)