



Tuesday 10th January

Sidebar: Flame venues & dates announced. Enter before 20th January!

1. Flame venues and dates announced

FIA

The FIA (Fitness Industry Association) is delighted to announce that the FIA & Matrix Flame 2012 Conference will be held on 27th June at the Magna Centre Sheffield. The much anticipated Ball of Fire, at which the winners of the Flame Awards for 2012 will be announced, will take place that evening at Ponds Forge, Sheffield.

The annual Flame Golf Day will take place on the previous day, 26th June, at Tankersley Manor & Golf Course.

[FIA](#)

2. Olympic legacy the subject

Workout

The FIA is featured in a number of stories in the January 2012 edition of Workout magazine, including a front page report on the FIA & IMSPA Legacy Ready Summit which took place in November, with follow-up coverage on p5 and p12.

[Workout](#)

3. Jeremy Hunt defends government attempts to honour Olympic legacy

The Guardian

The culture secretary, Jeremy Hunt, has launched a wide-ranging defence of the government's faltering attempts to honour the Olympic legacy promises that helped to secure the London Games, unveiling a plan to invest £1bn in youth and grass-roots sport over five years.

[The Guardian](#)

4. Four thousand community sport clubs to be created to drive a sporting habit for life

DCMS

Culture Secretary Jeremy Hunt unveils £1 billion strategy to deliver on 2012 Games promise to inspire a generation to get involved in sport.

[DCMS](#)

5. New £10m sports medicine centre for Sheffield
BBC

The city, along with Loughborough and London, will host one of three hubs which will form the National Sports and Exercise Medicine Centre of Excellence.

[BBC](#)

Read the FIA's response to the Department of Health announcement [here](#)

6. To optimise exercise, heed your heart rate training zone
Reuters

Whether you're interested in running a marathon or staving off the chronic diseases of ageing, to reap the rewards of your efforts getting into the zone is essential.

[Reuters](#)

7. Work out and bare your soles
The Independent

Experts say that to get the best from a workout, we should kick off our shoes.

[The Independent](#)

8. Starting to get a middle-aged brain? Then give it a good workout
The Independent

A 2010 study showed people who walked six miles a week had bigger brains, better memories and improved mental function.

[The Independent](#)

9. Today is the day when most people will give up their New Year's resolutions... just nine days after they were made
Daily Mail

The most popular resolutions this year related to physical and emotional wellbeing, with seven out of ten joining a gym or going jogging in the past two weeks.

[Daily Mail](#)

10. Make your new year health regime last
The Guardian

Dr Luisa Dillner offers a failure-proof guide to tweaking your lifestyle to ensure you feel good beyond January.

[The Guardian](#)