



Wednesday 11th January

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

1. FIA responds to new £1 billion sports strategy

FIA

Commenting on the new strategy, David Stalker, CEO, FIA said "We fully support the strategy's objective to engage people in sport and make activity a lifelong habit for more people. Our recent legacy ready summit reverberated the need for partnerships across all sectors to capitalise on a nation united by the 2012 Games to grow levels of participation."

[FIA](#)

2. Newsweek Scotland

BBC

FIA CEO David Stalker appeared on Newsweek Scotland this week, discussing the fitness industry and how gym membership has moved away from being a luxury to a necessity for many people.

[BBC Scotland](#)

3. Breath screening tool for employers launched to save £6.4 billion annual cost of workplace hangovers

HR Mag

The FIA (Fitness Industry Association) has welcomed the UK launch of the BreathScan programme as an important new way to trigger changes to healthier lifestyles. The FIA has joined up with fitness equipment manufacturer Johnson Health Tech UK Ltd to help pilot the scheme.

[HR Mag](#)

4. Mother who shed six stone after gastric band surgery stunned to discover it had broken... and weight loss was through EXERCISE

Daily Mail

A mother-of-two, who thought it was 'impossible' to lose weight on her own, has told how she lost six stone purely through exercise after, unbeknown to her, her gastric band snapped.

[Daily Mail](#)

5. Team Stylist catch Olympic fever **Stylist**

Eight Stylist team members of varying fitness levels are taking on physical challenges which they must achieve in time for the Olympics, to try and inspire an Olympic sporting revolution.

[Stylist](#)

6. London 2012 chiefs decide future of three Olympic venues **The Guardian**

The handball arena – which will become a multi-use arena that can host community sport, concerts, exhibitions and other events after the Games – and the aquatics centre, will both be run by a company called Greenwich Leisure.

[The Guardian](#)

7. Extreme gym team **Evening Standard**

For a new fat-fighting series, Channel 4 has recruited four of London's oddest personal trainers. Jasmine Gardner steeled herself for a weird workout.

[Evening Standard](#)

8. 'Olympic challenge!' **The Voice**

It's the year of the London Olympics, and fitness instructor Bella-Marie says it's time to focus on health.

[The Voice](#)