



Monday 16th January

1. Health club trends for 2012 revealed Fitpro News

The top 10 health club trends for this year have been revealed by the International Health, Racquet & Sportsclub Association (IHRSA).

[Fitpro News](#)

2. Fitness experts predict 2012 trends Health Club Management

Health Club Management magazine interviewed four industry leaders for their views on 2012. Most agreed that while economic pressures will continue, the increasing public awareness of health and fitness will act as a compensatory factor for the industry going forward.

[Health Club Management](#)

3. IOC boss backs British bid for Youth Olympics in 2018 Evening Standard

The youth Olympics could be staged in the UK as a legacy of hosting the London 2012 Games.

[Evening Standard](#)

4. The ultimate motivation: Exercise not only trims the waistline... it's also good for your salary Daily Mail

Going for a jog, swimming or lifting weights in the gym three times a week could boost your income by up to nine per cent.

[Daily Mail](#)

5. How yoga can help fight ageing aches The Telegraph

Yoga classes are proving hugely popular with the elderly, improving both their physical and mental wellbeing.

[The Telegraph](#)

6. Two minutes on.. getting strong bones
Daily Mirror

Finnish researchers working with women in their 70s have stumbled across some startling discoveries about exercise. After six months of exercise the women were not only stronger and less likely to get bone fractures, but they were also less likely to die.

[Daily Mirror](#)

7. Wii can make your brain healthier! Computer exercise games give the over 50s a mental workout that could keep them young
Daily Mail

Computer exercise games could help the over 50s delay the onset of dementia as they have greater mental health benefits than exercise alone, a new study has found.

[Daily Mail](#)

8. How to make yourself train harder
The Guardian

World record-breaking triathlete and Ironman champion Chrissie Wellington has a punishing training regime. How does she stay motivated?

[The Guardian](#)

9. Women plan protest against diet industry outside parliament
The Guardian

Protesters say weightloss companies wreak havoc with appetites and rely on dieters' repeated failures to make money.

[The Guardian](#)

10. Gyms often alienate the obese
Chicago Tribune

Though Americans are joining gyms in record numbers — 42.8 million people had health club memberships last year, according to a report by the market research firm IBISWorld — fitness centers frequently alienate the very people they could help most: the obese.

[Chicago Tribune](#)