



**Wednesday 19<sup>th</sup> October 2011**

### **Exercise and Industry**

#### **1. Gym sector retains strength, despite Fitness First sale Dynamic Business**

Despite the likely sale of the country's largest gym operator, a new report has found the local gym sector hasn't lost any of its strength as expanding waistlines ensure demand for fitness services grow.

[Dynamic Business](#)

### **Health and Lifestyle**

#### **1. BIG doses of Lottery help for health projects across England Wired Gov**

Health projects across the country were celebrating yesterday with the news that they are among 59 groups sharing over £14 million in National Lottery good cause funding from the Big Lottery Fund (BIG).

[Wired Gov](#)

#### **2. Healthy diet and moderate exercise can improve fatherhood chances The Telegraph**

Men who eat a healthy diet and take part in moderate exercise may have a better chance of fathering children, research shows.

[The Telegraph](#)

#### **3. Healthy staff help businesses thrive This is Plymouth**

AFTER working a long day at the office it's sometimes hard to feel motivated to take part in physical exercise. Yet there are strong links between health and work – a person's health can affect their ability to get a job and keep it.

[This is Plymouth](#)