



## **Friday 20<sup>th</sup> January**

### **1. Closing day for entries to the FIA & Matrix Flame Awards 2012 FIA**

Today is the last day to enter your club or leisure centre for the Flame Awards 2012 (Facility Management categories).

Commenting on the awards David Stalker, CEO, FIA said "Established in the 90's and receiving more and more entries year on year, the longevity and desire to win a Flame award is plain to see. Any club or facility who succeeds in getting a Flame award knows that they are delivering the best quality service in their category."

[FIA](#)

### **2. Worth all the sweat The Economist**

Just why exercise is so good for people is, at last, being understood.

[The Economist](#)

### **3. UK community sports clubs survey shows worrying fall in finances, membership levels and facility access Insidethegames**

Results from the biggest survey of community sports clubs ever undertaken in the UK shows a worrying outlook in terms financial health, membership levels and facility access for the nation's 150,000 clubs.

[Insidethegames](#)

### **4. Smart Ways To Fit Exercise Into Your Hectic Life Huffington Post**

If you're sitting at your desk reading this right now, seize the moment with these easy exercises you can do at your desk.

[Huffington Post](#)

### **5. Lose weight before surgery patients told The Telegraph**

Patients cannot have routine surgery until they lose weight under new rules brought in

by GPs, it has emerged.

[The Telegraph](#)

**6. Families urged to sign up for healthy living course**  
**Wales Online**

The Mind, Exercise, Nutrition...Do it! (MEND) programme is now recruiting children and families for its latest healthy lifestyle course.

[Wales Online](#)

**7. Fitness experts helping cancer patients**  
**Northants Evening Telegraph**

Fitness experts have undergone special training so they can help cancer patients.

[Northants Evening Telegraph](#)

**8. New sessions for disabled people at leisure centre**  
**Sevenoaks Chronicle**

Disabled people in Sevenoaks have access to a new sports service.

[Sevenoaks Chronicle](#)