



Tuesday 20th December 2011

Exercise and Industry

1. European doping report sheds light on UK fitness sector **FIA**

A survey of over 10,300 consumers, exercise professionals and club managers from across Europe has indicated that the UK has the lowest levels of use of performance and image-enhancing substances in fitness centres.

[FIA](#)

2. BOA to consider bidding for the 2018 Youth Olympic Games **BBC Sport**

The BOA has invited cities in the United Kingdom to put themselves forward as potential hosts.

[BBC Sport](#)

3. Avoid winter injuries in the New Year **Herts & Essex Observer**

The desire to tackle post-Christmas waist lines and a rush to begin fitness resolutions, leads to a 20 per cent increase in the number of people visiting their osteopaths for treatment in January.

[Herts & Essex Observer](#)

4. Olympic Games will inspire youngsters into sport, says top cyclist **Bryan Steel** **Lincolnshire Echo**

Olympic and World Championship cycling silver medallist Bryan Steel works with the Lincolnshire Sports Partnership. He believes the Olympics will help other people realise their potential.

[Lincolnshire Echo](#)

Health and Lifestyle

1. Strictly judge Alesha Dixon stars in Weight Watchers' £28m 'song' campaign **Marketing Magazine**

Separately, Weight Watchers is tying up with LA Fitness in a 12-month deal from January, including a joint 'Get Active' campaign, timed to coincide with the run up to the Olympics.

[Marketing Magazine](#)

2. DJ Roberto: I lost eight stone in just a year **Daily Express**

With a personal trainer he began a twice-weekly schedule of high intensity training: sets of 15 repetitions with weights so heavy they got his heart racing without cardio training.

[Daily Express](#)