



Monday 23rd January

1. A third of councils charging for fitness classes in parks BBC – You & Yours

A BBC investigation has discovered that more than a third of local authorities in the UK charge for fitness classes in their public parks.

[BBC](#)

2. Why evening is the best time to exercise Daily Mail

Scientists say that those who go to the gym - or for a jog - after work are likely to attain a higher level of fitness than those who exercise first thing in the morning.

[Daily Mail](#)

3. Want to earn more? It really pays to be fit The Sun

It seems that exercise pays off because if you are fit, you are more likely to work harder and reap the benefits by bosses offering you rises and promotions.

[The Sun](#)

4. Healthy residents bonus for town halls Daily Telegraph

Data on over 60 factors that influence health will be collected and the most successful local authorities will be awarded extra funds, under a so-called "Health Premium" incentive scheme.

[Daily Telegraph](#)

5. Welsh scientists at the cutting edge of diabetes research Wales Online

Another study at Swansea University is looking at whether weight training can help people with type 1 diabetes manage their health. Dr Richard Bracken, who is leading the study, said: "It's all about getting knowledge about exercise and ultimately giving it to people with diabetes, because knowledge is power.

[Wales Online](#)

6. Premier Training to open five new venues **Health Club Management**

Premier Training International (PTI) has announced that it will open five new UK venues in the first half of the year as part of an ongoing expansion strategy for the provider.

[Health Club Management](#)

7. Active IQ unveils new up-skill qualification **Health Club Management**

A new qualification designed to up-skill health and fitness industry professionals, and help them achieve practitioner status, has been launched by awarding organisation Active IQ.

[Health Club Management](#)