



## **Tuesday 24<sup>th</sup> January**

### **1. FIA supports Team GB rowing challenge FIA**

The FIA is pleased to be supporting the launch of the GB Rowing Team's 'The Nation on Trial' challenge during February.

[FIA](#)

### **2. One week left to respond to doping consultation FIA**

Having released the results of their Fitness Against Doping (FAD) project interim report at the end of 2011, EHFA are inviting responses to their consultation ahead of the publication of the final report and recommendations in February 2012. The consultation closes on 31<sup>st</sup> January.

[FIA](#)

### **3. EHFA's Jimenez calls for more psychology in fitness training Health Club Management**

Alfonso Jimenez, chair of European Health and Fitness Association's (EHFA) Standard's Council, has called for more emphasis to be put on psychology in the training of exercise professionals.

[Health Club Management](#)

### **4. Rebecca Armstrong: Forget the fitness fads – just eat less and move more The Independent**

Now, I love new fitness gear and do believe in the power of box-fresh kit to make things a bit more fabulous. But buying £55 strides with ResistTone bands inside that are supposed to make your thighs twang into shape (and make your unnecessary capital letter muscle spasm)? I just haven't drunk the isotonic Kool Aid. I'd rather use the cash to pay for a single session with a personal trainer.

[The Independent](#)

## **5. Fitting fitness inside the cubicle**

**Reuters**

Whether your office is in the business district or on the dining room table, sitting immobile for hours in front of a computer screen is at odds with the fit body.

[Reuters](#)

## **6. Get on your bike and in a spin for Bristol's latest fitness craze**

**Bristol 24-7**

Bristol's first dedicated indoor cycling centre, LA Revolution, is opening in Knowle this week.

[Bristol 24-7](#)

## **7. The brothers who plan to boot you into shape . . .**

**Burton Mail**

Reporter Helen Kreft left her warm bed early on a cold winter morning to see what Brothers Boot Camp was all about and how its founders are hoping to bring an American-style fitness training regime to the heart of The National Forest.

[Burton Mail](#)