



Thursday 26th January

1. Jonathan Lampon, BBC Radio Leicester BBC Radio Leicester (at 1.10.27 minutes in)

On Wednesday 25th January, David Stalker, CEO, FIA, was interviewed by Jonathan Lampon on BBC Radio Leicester about the fitness industry and advice for consumers on gym memberships and contract lengths.

[BBC Radio Leicester](#)

2. Britons are at their fittest in their 30s (after hitting rock bottom aged 29) Daily Mail

The 30-39 age group exercised most frequently and one in five visited a local gym or sports club four to five times a week.

[Daily Mail](#)

3. Over-55s do 'half an hour more exercise a week' than the young Daily Mail

They do an average of 726 minutes of physical activity – 12 hours, six minutes – compared with the 698 minutes done by 18 to 25-year-olds, or 11 hours and 38 minutes.

[Daily Mail](#)

4. Managers who fail to exercise 'more abusive to employees' Daily Telegraph

Researchers found stressed supervisors struggled to cope with time pressures and vented their frustrations at subordinates without regular physical activity.

[Daily Telegraph](#)

5. How trained is your trainer? Evening Standard

The Register of Exercise Professionals is a government-backed system that helps provide regulation for all instructors, coaches, trainers and teachers in the exercise and fitness industry. See exerciseregister.org.

[Evening Standard](#)

6. Facing the Facts of Fitness: Why You're Getting it WRONG **The Huffington Post**

FIA Board Member, British Military Fitness' Jim Preece, has a new fitness blog on the Huffington Post website.

[The Huffington Post](#)

7. Gym membership: finding the right contract for you **The Guardian**

To help you avoid a nasty run-in with gym club staff who insist on keeping you shackled to an unsuitable and costly deal, here are our top tips on getting the best out of your gym membership.

[The Guardian](#)

8. Exercise may boost mood for some chronically ill **Reuters**

Working out regularly may brighten the mood of people with chronic health problems like cancer, heart disease and back pain, according to the first sweeping look at previous research.

[Reuters](#)

9. Heart attack deaths halve in a decade: research **Daily Telegraph**

The lives of almost 80,000 heart attack victims have been saved in just under a decade as deaths have halved due to healthier lives and better treatment, research has found.

[Daily Telegraph](#)