



Tuesday 8th November 2011

Exercise and Industry

**1. Be part of the 2012 Movement
Health Club Management Nov/Dec page 24**

The FIA reports on 'Our Greatest Team' initiative – a national campaign for operators to latch onto the power of the Olympics and Paralympics.

[Health Club Management Nov/Dec](#)

**2. Creative thinking
Health Club Management Nov/Dec page 66**

Mintel analyst Michael Oliver examines the consumer reaction to gyms in 2011 and the opportunities to get more people active.

[Health Club Management Nov/Dec](#)

**3. Moving forward: How a bit of commitment changed my life and made me a Tough Mudder
Daily Mail**

'The triathlon is a long-distance athletic contest of skill, endurance, timing and strategy. Think breathless chess,' according to the team behind the Virgin Active London Triathlon.

[Daily Mail](#)

Health and Lifestyle

**1. Health workers fail to advise patients about cancer and obesity link, experts warn
The Mirror**

Health workers are failing to tell patients that obesity increases their risk of cancer, experts warned yesterday. They said 43% of bowel and 42% of breast cancers could be avoided through a healthy diet and exercise.

[The Mirror](#)

**2. Researchers reveal reasons life expectancy is dropping
Daily Record**

Experts have found that you can live three years longer if you exercise for just 15 minutes each day.

[Daily Record](#)