

leisureopportunities

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Regular walking 'could save thousands of lives'

Walking regularly could help to prevent the deaths of tens of thousands of people every year, according to a new report.

The Walking Works report by the Ramblers and Macmillan Cancer Support said walking was a free activity which could transform people's health, saving an estimated 37,000 lives on an annual basis.

The report says that if everyone in England did the recommended 150 minutes of moderate physical exercise every week it would prevent 6,700 cases of breast cancer, stop 4,700 people getting colorectal cancer and lead to nearly 300,000 fewer cases of type 2 diabetes a year.

A recent study by the *British Medical Journal* (see page 4) found that exercise could be as beneficial as pills for some conditions,



The report suggests that regular walking could save an estimated 37,000 lives a year

including heart disease, while another study said walking an hour a day could significantly cut the risk of breast cancer.

"We're facing a serious crisis of inactivity, but there is a simple solution," said Benedict

Southworth, chief executive of Ramblers. "We need to see greater investment in initiatives which support and promote walking as the most accessible and affordable way for people to get active."

Kevin Fenton, director for health and wellbeing at Public Health England, said that inactivity had "life threatening consequences" which had to be addressed. "We need to understand the kind of societal shift that needs to happen before we truly combat the pandemic of inactivity," said Fenton. "In England 61 per cent of adults and 30 per cent of

children between two and 15 years old are classed as overweight or obese. The associated health problems of this inactivity are costing the economy up to £10bn a year."

Details: <http://lei.sr?a=A7E7Q>

English town inspires Chinese development

Developers of a new suburb for two million people in Chengdu, China have turned to Letchworth Garden City in Hertfordshire for inspiration.

Letchworth was designed as a self-contained, sustainable community with proportionate areas for homes and recreation, and the Chinese developers believe the plan can be adapted for cities of up to 14 million people.

Developers have already started to apply the principles of the garden city to the main development area of Chengdu and are planning a visit for further consultation. Details: <http://lei.sr?a=Q9A2t>

£28m wellbeing centre for Leeds

The multi-million pound wellbeing centre Holt Park Active on Holtdale Approach in Leeds has opened to the public.

The centre offers a range of flexible spaces for activities to suit people of all ages. It features a 70-station Bodyline gym, 25m pool, hydrotherapy and learning pools, dance studio, café, garden, sports hall, multi-activity rooms and meeting / training areas.

The centre also offers activities including cycling, kettlebell sessions, Tai-Chi and Pilates as well as a bouncy castle. A range of activities for older people and those with physical or learning disabilities will also be available.



Cllr Lucinda Yeadon executive member for Leisure

The project was overseen by Leeds City Council with funding from the Department of Health and replaces Holt Park Leisure Centre, which closed last December after 36 years in operation. Details: <http://lei.sr?a=J7F5V>

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SPORT

Beckham to co-own MLS franchise

Former England captain David Beckham is set to become co-owner of a new Major League Soccer (MLS) franchise in Florida, US.

Beckham spent five of his last six seasons playing in the MLS for Los Angeles-based LA Galaxy, before retiring from competitive football earlier this year.

It is believed that his contract with LA Galaxy, signed in 2007, included a clause allowing him to bid for a MLS franchise with a 25 per cent discount.

Beckham is part of a group of investors looking to set up a franchise in Florida. Talks to confirm the location of the franchise are at an advanced stage and an announcement could be made by the end of the year.

The MLS has been keen to reintroduce a franchise in Florida in recent years, following the demise of Miami Fusion and the Tampa Bay Mutiny. Both teams were axed in 2002 when MLS decreased the number of teams



Beckham spent five seasons at LA Galaxy between 2007-2012

from 12 to 10 as part of cost-cutting measures.

MLS currently consists of 19 teams – 16 in the US and three in Canada – and is in the midst of expanding its reach across North America. In July, MLS commissioner Don Garber announced that the league planned to reach a total of 24 teams by 2020. Details: <http://lei.sr?a=E4M7d>

Blackwell Meadows stadium to be redeveloped

Directors of Darlington 1883 football club (D1883) are close to finalising a ground-sharing agreement with Darlington Rugby Football Club (DRFC).

As part of the process, Blackwell Meadows will benefit from a facility upgrade, planned to

take place before the start of the 2014-15 season.

In a joint statement, the two clubs said negotiations are still ongoing in respect of final designs, specifications and construction costs and that details would be announced at a later date. Details: <http://lei.sr?a=u2z7Y>

Sporting activity of Welsh kids rises sharply

There has been a 50 per cent increase in the number of Welsh children who regularly take part in sport and physical activity.

The figure comes from Sport Wales' School Sport Survey, which interviewed 110,000 pupils from nearly 1,000 schools across the country.

Of those surveyed, the number of children taking part in physical activity at least three times a week rose from 27 per cent in 2011 to 40 per cent in 2013.

Results also show that 91 per cent of children enjoy school sport and that school remains the most important place in which children learn the competence and confidence to participate in physical activity.

Despite the increase, there was no sign of the gap between the number of boys and girls playing sport closing. Boys (44 per cent) were still more likely than girls (36 per cent) to regularly



50 per cent more Welsh children are regularly taking part in sport

participate in sport and physical activity.

Commenting on the survey results, Sport Wales Chair, Professor Laura McAllister said: "These excellent figures show what is possible when the sport and education sectors work together." Details: <http://lei.sr?a=u5h3H>

Hub clubs for disabled gymnasts

British Gymnastics has launched a new disability gymnastics programme, designed to create opportunities for disabled people to take part in the sport.

The programme will create and support a network of gymnastics "hub clubs", with the aim of empowering coaches to deliver better opportunities for the disabled.

It's hoped the programme will raise the profile of disability gymnastics, increase the demand for gymnastics by the disabled, and enable disabled people to become involved in the sport.

The initiative will be divided into three strands – I'M Inclusive; I'M Involved and I'M Inspired.

The I'M Inclusive strand will see British Gymnastics appoint 10 Disability Hub Clubs in England, which will be recognised for their disability expertise and great track record in



The programme will support a network of gymnastics hub clubs

providing opportunities for disabled people.

The I'M Involved strand will see the 10 Hub Clubs deliver a series of engaging gymnastics taster events while I'M Inspired has been designed to promote and celebrate great achievement, inspirational stories and the huge benefits that gymnastics has to offer.

Details: <http://lei.sr?a=H6K6U>

Sportscotland invests £38m in 17 sports

Sportscotland has invested a total of £38m in the 17 Commonwealth Games sports during the four-year Glasgow 2014 funding cycle.

Figures released by the sports body show that during 2011-15 sportscotland's investment in the 17 sports increased by 23 per cent – compared with the previous cycle of 2007-11, when the total spend was less than £31m.

The record investment is part of a strategy to better equip the sports to deal with anticipated membership rises and demands as a consequence of Glasgow 2014.

Louise Martin CBE, Chair of sportscotland, said: "We're putting record levels of investment into the 17 Commonwealth Games sports to allow the governing bodies to work with key



The 17 Commonwealth Games sports have benefitted from extra funding

local partners to increase capacity and cope with the expected growth from Glasgow 2014.

"It also allows the sports to enhance their governance, which underpins athletes' performance and development strategies."

Details: <http://lei.sr?a=a7v4Y>

British Cycling chief Brian Cookson elected president of UCI

British Cycling chief Brian Cookson has been elected as the new president of the International Cycling Union (UCI), replacing Irishman Pat McQuaid as the most powerful person in world cycling after a hard-fought election campaign.

Speaking after his victory, Cookson said: "We must embrace a new style of governance and a collegiate way of working so that a new era of growth and commercial success for the UCI and our sport can begin."

Details: <http://lei.sr?a=e3y5k>

Northampton Town plans 'biggest thing ever for club'

Northampton Town FC chair David Cardoza has said plans to redevelop the club's Sixfields Stadium are "the biggest thing which has ever happened to the club."

A planning application was submitted on 10 October, with the plans including an expanded west stand and a complete redevelopment of the east stand, with new corporate boxes and a conference centre.

If planning permission is granted, work could begin as early as February 2014 and would give Sixfields a capacity of 10,000.

The stadium expansion is part of a wider scheme to build a hotel, gym and 300 homes in the area surrounding the ground.

Northampton Borough Council is loaning the football club £12m to allow the redevelopment to go ahead with a deal to acquire the land around Sixfields agreed last week. Details: <http://lei.sr?a=b8H3F>



Rory McIlroy has set up a management company McIlroy sets up company to manage assets and interests

Rory McIlroy has left Horizon Sports Management and has set up his own company to manage his affairs.

The former world number one golfer's interests will now be looked after by Rory McIlroy Incorporated (RMI).

In a statement, McIlroy said he had appointed Donal Casey, an actuary by profession, as the company's first CEO.

Meanwhile, the existing Rory Foundation for charity will be run by Barry Funston, an entrepreneur and longtime friend of the McIlroy family. Both men will serve on the RMI board, together with Rory's father, Gerry McIlroy.

McIlroy is the second British high profile sportsman to set up a management company to take care of their commercial interests. Earlier this month, Wimbledon champion Andy Murray set up a company called 77 to look after Murray and his brother Jamie's interests on and off court.

Details: <http://lei.sr?a=c4g5q>

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Exercise 'as beneficial as pills'

Exercise could be as beneficial as pills for people who have suffered from a stroke or experience heart conditions, a study by the *British Medical Journal* (BMJ) has found.

Scientists studied hundreds of trials involving nearly 340,000 patients to explore the benefits of both exercise and drugs in preventing death, with the work being conducted by researchers at the London School of Economics, the Harvard Pilgrim Health Care Institute at Harvard Medical School and the Stanford University School of Medicine.

Of the material analysed, researchers were able to identify 305 medical trials that were of use, with each trial exploring the management of conditions such as existing heart disease, stroke rehabilitation, heart failure and pre-diabetes.

Findings showed that physical exertion and activity rivalled some heart condition drugs, while also outperforming medication for strokes. They also found that exercise was the best form of help for strokes in terms of life expectancy, however diuretics medication worked best for heart failure patients.



Scientists looked at more than 340,000 patients during the study

The scientists have used the results to suggest that exercise should be added to prescriptions provided by doctors, with patients then using both exercise and medication together for the best results.

The scientists stated that given the lack of funding available for future trials, it could be of benefit to use evidence from pharmaceutical companies that are under increasing pressure to perform active-comparator trials for market entry. Details: <http://lei.sr?a=Y6c6m>

Flame Awards 2014 categories revised

The criteria for UKActive's Flame Awards has received a shake up in a bid to better reflect how the leisure sector has evolved and to create opportunities for clubs industry suppliers and stakeholders to celebrate how their work impacts health.

The Flame Awards 2014 will also see the introduction of new awards and for the first time operators and suppliers will be up against each other in a number of new categories.

These new categories include 'Workplace Wellbeing', 'Shaping the Future Generation', 'Go Green' and 'Go Outdoors'. Another addition is the 'Supplier of the Year' Award. This category will give suppliers the opportunity to put themselves forward against the best in the sector.

Unveiled at LIW, David Stalker, CEO of ukactive, said: "The changes reflect a desire from ukactive to continually adapt in line with the sector we represent, ensuring all stakeholders have an equal opportunity to



The 2013 Flame Awards held at the annual Flame Conference in Telford

gain the recognition they deserve for their dedication to the highest quality of provision of active leisure."

Key updates to existing awards mean they are now based on what each club offers rather than the size of their membership. This update has led to the separation of 'Streamline Operation' and 'Multi-use Operation' for both 'Centre of the Year' and 'Club of the Year'. Details: <http://lei.sr?a=a5x6D>

payasUgym teams up with HSBC

Online lead generation service payasUgym has teamed up with HSBC to encourage more young people to start using fitness facilities and become more active.

The partnership will see the service – which provides a number of flexible health club deals and other offers for fitness pursuits across the UK – being offered to 1.35 million HSBC account holders between the ages of 18 and 25.

The aim is to give HSBC young account holders better access to the 1,500 centres that participate in the payasUgym programme.

The service allows users to manage their own account online, where they can top it up with credit and then use the funds to buy vouchers for gym use at participating venues.

HSBC has allocated £1m to launch its campaign to young adults and has also partnered with Sony and a major mobile phone network to complement the scheme.

“Our goal is to help increase participation levels in health and fitness in the UK,” said Ed



1.35 million HSBC customers will be targeted by payasUgym

Luck, marketing director of payasUgym. “By targeting the young adult population of the UK alongside HSBC we hope to encourage a new generation of gym goers to start using the clubs listed at payasUgym.com.”

The partnership with HSBC will add to payasUgym’s list of national marketing partnerships, with the business previously securing deals with Tesco Clubcard and O2.

The HSBC campaign launches this month. Details: <http://lei.sr?a=X9Y5X>

Toni’s teams up with Gravity Studios

Independent Pilates and Kettelcise club, Toni’s Pilates in East Sussex, has expanded its equipment range and offerings having teamed up with Gravity Studios.

The club, which opened in August 2010, has around 100 members on various monthly packages. Toni’s offers space for a maximum of eight people, as well as one-to-one Pilates reformer training, trapeze table sessions and use of a Wunda chair.

Toni’s has now also installed a Total Gym Studio, which includes four Total Gym GTS units costing around £3,450 each. The new studio will cater for both small group personal training for a maximum of four people and one-to-one personal training.

Following the addition of Gravity services, around 30 per cent of the club’s membership signed up for the new offerings in the first two weeks after installation. “We have two beautifully appointed but modestly sized



The club has 100 members and features Total Gym Studio equipment

studios, so to turn one into a Gravity Studio and get so much value from one type of equipment really makes the space work hard for us,” said owner Toni French.

“It’s perfect for our clients, giving them maximum results in minimum time and no impact fat burning workouts. Total Gym makes it so easy for our instructors to lead group classes with real individual attention, at resistance suited to each individual’s ability.”

Details: <http://lei.sr?a=S3e5q>



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'Army' of volunteers needed to survey heritage sites in UK

The annual 'at-risk' survey by English Heritage has found 7,500 listed buildings or sites deemed to be imperilled by neglect or decay, a decrease of 131 from the previous year.

An 'army' of volunteers is to be recruited to help survey England's 345,000 Grade II Listed buildings and prevent damage being done to buildings every year.

The first surveys are expected to take place in autumn, with volunteers being offered training via English heritage and other organisations.

Meanwhile archaeologists have warned that budget cuts to the sector will leave future generations facing a lost legacy of heritage abandoned to "short termism" and "financial expediency".

Rescue: The British Archaeological Trust has warned that years of cutbacks mean Britain is "close to reaching a point at which provision of services designed to safeguard our historic environment is no longer adequate.

It went on to say that "there is no sign of this rate declining with further cuts planned for 2013-14." Details: <http://lei.sr?a=J7S6X>



Margam Country Park has been voted Britain's best

Margam Country Park tops People's Choice polls

Margam Country Park in Wales has been voted the winner in the 2013 People's Choice category in the Green Flag Awards, which is the benchmark national standard for parks and green spaces in England and Wales.

The 850-acre country estate, at Port Talbot, is home to a 19th century Tudor mansion and was officially opened to the public in 1977.

Managed by Neath Port Talbot County Borough Council, the park offers a host of activities including orienteering, cycling, fishing, deer watching, geocaching, archery and Go Ape.

London's Victoria Park in Tower Hamlets, which has recently been refurbished, was runner up. Details: <http://lei.sr?a=q4N8J>

Work starts on £30m Zoo Island

Construction work has begun on the £30m Islands project at Chester Zoo in Cheshire following a groundbreaking ceremony.

Set to open in 2015, Islands will fill a previously unoccupied area of the zoo and will feature flora and fauna from foreign climates.

There will also be an Indonesian jungle house, one of the largest indoor zoo exhibits in the UK, which will house orang-utans, macaques and the sunda gaviel crocodile – an endangered species with only 2,500 mature individuals still in existence around the world.

The jungle house, which will be known as Monsoon Forest, will feature raised walkways, underwater viewings and free flight bird areas in a sub-tropical climate.

Engineering company Laing O'Rourke was



The attraction will fill a previously unoccupied area of the zoo

awarded the build following a nationwide tender process.

Chester Zoo director general, Mark Pilgrim, said that the new jungle house would be "the largest of its kind in the UK," while also stating that the Islands project would "transform the zoo so it can become one of the biggest in Europe." Details: <http://lei.sr?a=A6a7K>

Hadid's Serpentine Gallery opens in London

The Serpentine Sackler Gallery, a £14.5m arts and gallery space designed by Zaha Hadid Architects, has opened in London.

The Sackler is Hadid's first permanent structure to be created in central London and features 900m of exhibition space, a restaurant and room for socialising.

The building is seven minutes' walk from the main Serpentine Gallery.

Located in Kensington Gardens – in an 1805 gunpowder store formerly known as The Magazine – the gallery honours Dr Mortimer and Dame Theresa Sackler, whose foundation made the project possible through the largest single gift received by the Serpentine in its 43 years of existence.



The Serpentine Gallery has been a constantly evolving project since 2010

The project has been ongoing since 2010, when the Serpentine won the tender from The Royal Parks to bring the Grade II listed building into public use for the first time in its history. Details: <http://lei.sr?a=M5v4V>

Indoor Illuminations for Blackpool's Winter Gardens

A new indoor Illuminations attraction is to open at the Olympia Arena at Blackpool's Winter Gardens entertainment complex on 18 April next year.

The indoor illuminations will be featured over five floors and cover 5,000sq ft (465sq m)

and five interactive 'worlds', including Land of the Giants and a planetarium complete with live entertainment.

The attraction will be open every day, all year round and will adapt Chinese lantern crafts with the latest in lighting technology.

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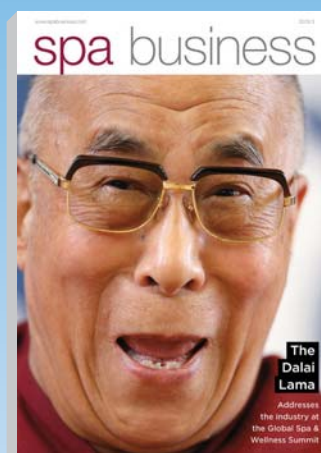
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Pledge to improve visa service for Chinese tourists is good news



UFI IBRAHIM
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China's role as an economic powerhouse and key player in the global market is well-known. It's the world's second biggest economy and the largest exporter of goods. Experts suggest that China still has the potential to grow for another two decades.

So news that the home secretary, Theresa May, is seeking to bring in a joint visa application for the UK which will benefit Chinese tourists can only be good.

Indeed, as China continues its rapid expansion, Chinese tourists are seeking new experiences, largely through overseas travel. According to the World Tourism Organisation (UNWTO), China is the world's 3rd largest tourism spender and in 2012, spend by Chinese tourists abroad jumped by more than 42 per cent to £6.7bn. The EU welcomed more than one million visitors from China last year; that's a significantly higher number than the UK.

Visiting the UK has generally been perceived by Chinese tourists as expensive and complicated and it is estimated that the UK's loss to competitors in 2012 was £1.2bn. All the evidence points to UK visa policy and visa processing being one of the largest barriers to growing the UK's market share of tourism from China. However there are positive steps being taken.

The BHA, together with support from the UKCVA, the CBI, Institute of Directors and the British Chamber of Commerce has been proactively lobbying this issue, campaigning for swift visa reform which makes it easier and less expensive for Chinese tourists to visit the UK. In addition, the BHA has been working directly with the Home Office and the UK Border Agency to identify the issues and their impacts on the UK economy.

By 2023, China will be the largest outbound tourism economy in the world. Therefore, the opportunity for Britain to grow tourism receipts and jobs should be a top priority for UK decision-makers. We will continue to campaign on this issue until further changes are made to enable Chinese as well as Russian and Indian visitor numbers to start increasing in line with other European countries.

HOTELS

First 'care-hotel' opening in Stoke

A new 'care-hotel' which claims to be the first of its kind in England is to open in Stoke-on-Trent.

The £2m Cambrian Care Hotel is an alternative respite care centre. Designed specifically for people with various health needs, the hotel offers 24-hour nursing and personal care with the luxurious surroundings of a deluxe hotel.

Run by housing and care specialist, Choices Housing Association, the 16-bedroom facility has been built on the site of a former probation service office in Bucknall.

"We are the first care-hotel in the UK," said Choices chair, Mike Lawton. "When we first started dreaming about this two and a half years ago, we wanted to create something that didn't look like a care home or a hospital." Each room is fully equipped with hoists,



The hotel is specifically designed for people with special health needs

high-low beds and pressure relief mattresses, and there is a call system fitted throughout the building.

Also included is a lounge, sensory garden and dining options.

The facility officially opens its doors 22 November. Details: <http://lei.sr?a=M3W9M>

Travelodge asks councils to take part in joint ventures

Budget hotel operator Travelodge has written to 124 councils inviting them to borrow money from central government to regenerate land with its hotels.

This initiative follows the launch of Aylesbury Travelodge last week. The 81-bed

property is the chain's 18th location in Yorkshire and is part of an £18m regeneration project, financed by the Public Work Loan Board, which lends money at a low interest rate to regenerate surplus land. Details: <http://lei.sr?a=K4U6C>

Hotel commission fees offer 'little in return'

Hotel guests are paying hundreds of millions of pounds in commission fees to booking agents for little in return, according to the 2014 *Good Hotel Guide*.

The guide's editors, Adam Raphael and Desmond Balmer, say that guests who reserve rooms via agents are paying over the odds because hotels have to pay 15 per cent plus VAT on their gross revenue for each booking.

The guide cites the hospitality industry's increasing reliance on web-based third party agents as a primary cause of price inflation.

The editors said for small owner-managed hotels, the sort in which the guide specialises, commission fees inflate costs at the expense of guests who are unaware that they would



The industry's reliance on web-based agents is causing price inflation

usually get a better deal by booking directly.

They added: "Many hotels claim that they have to use booking agents to fill empty rooms but few analyse whether they really bring additional guests or merely cream off revenue." Details: <http://lei.sr?a=T5v8T>

Campaign for Tourism launched

British tourism leaders have launched a campaign to ensure that all political parties recognise the contribution of tourism to the economy on the run up to the next general election.

The Campaign for Tourism was launched by 33 leading UK tourism bodies including organisations from all aspects of the tourism industry such as attractions, historic houses, heritage sites, B&B and hotels.

The campaign will see letters distributed to all major political parties underlining the fact that tourism wasn't mentioned in any of the parties political manifestos at the last general election.

Signed by associations and businesses such as the Tourism Alliance, British Hospitality Association and Merlin Entertainments, the letters aim to trigger debate and highlight opportunities for the government to improve the industry's international competitiveness. Sir David Michels, president of the Tourism



The campaign will see letters issued to major political parties

Alliance, said: "The growth in tourism spend to £134bn in 2012 supported another 180,000 jobs, more than one in three new jobs in the UK. Politicians need to acknowledge and act on this in developing manifestos for the next election. They must include tourism-specific policies and positions to maximise the true potential of this great industry."

Details: <http://lei.sr?a=a8x4m>

Visitor numbers in Scotland on the rise through 2013

Expenditure and visits to Scotland by both international and domestic visitors has risen during the first half of 2013, according to official figures from VisitScotland.

Between January and June of 2013, visits have increased by 1.6 per cent, while spending has

increased by 1.7 per cent. The overseas spend was slightly higher, with an increase of 8.6 per cent. With significant events on the horizon including the 2014 Commonwealth Games and the 2014 Ryder Cup, the country is expecting significant increases in the coming months.

Tourism spending sees significant rise

It's good news for British tourism according to VisitBritain's annual review, with record visitor spend for the first seven months of 2013.

A year on from the great tourism showcase of the London 2012 Olympics, VisitBritain says it has made significant progress on its four-year long marketing programme and long-term tourism growth strategy.

In 2012, Britain welcomed more than 31 million inbound visitors, who contributed £18.6bn to the economy. So far this year has built on that success, with spending up by 13 per cent to £11.2bn.

The organisation is also on track to hit the target of £50m of private sector match funding by the end of the 2014/5 financial year.

Over the next four years, VisitBritain will focus its efforts in four areas: image, product, travel trade and access.



Spending from visitors to Britain is up by 13 per cent this year

VisitBritain chair Christopher Rodrigues, said: "Our overall strategic aim for 2014 is to build on our international image, engage further with the travel trade, broaden the product range on offer for tourists and make it easier to get to Britain." Details: <http://lei.sr?a=S4p2n>



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So Sound brings innovative ART technology to spas

Sound therapy innovator So Sound Solutions is expanding its patented Acoustic Resonance Technology (ART) to spas and resorts worldwide.

So Sound's restorative sound environments are designed to stimulate the mind and body's natural relaxation response, with results often coming in less than five minutes.

Research shows that music can assist in lowering heart rate, blood pressure, muscular tension and pain, while increasing circulation and entering brain waves for more restorative sleep. "So Sound Solutions addresses this need with a results-oriented and transcendent experience that will leave your guests in an optimal state of wellness," said co-founder Suzannah Long.

The So Sound Lounger is the company's flagship product, while a music-integrated treatment table, mattress and meditation programme are also available. Details: <http://lei.sr?a=b3R4F>



IHWA wants people to know what wellness really is

New body formed to educate on the meaning of 'wellness'

A newly formed non-profit organisation has formed with the aim of promoting wellness through education to both spa professionals and consumers.

The International Health & Wellness Alliance (IHWA) has been formed to bring together wellness visionaries and seekers to define, educate and advance health and wellbeing for individuals and communities.

The IHWA held its inaugural meeting at GSWS on 7 October to get the industry's opinion on what IHWA can and should do.

"Many people in the industry didn't realise what wellness was, the term was loosely thrown around," said Samantha Foster, director of spa consultancy firm Destination Spa Management and founding member of the IHWA. "We want to formalise the term and equip the industry with evidence-based, good quality wellness information." Details: <http://lei.sr?a=s3z8w>

Dalai Lama lights up the GSWS

The Global Spa and Wellness Summit (GSWS) - held in New Delhi, India this month - welcomed keynote speaker the Dalai Lama, to participate in a discussion on the subject, What is Wellness?

The session, led by Ken Pelletier, professor of medicine at the University of California School of Medicine, saw the Dalai Lama address the summit, before participating in a Q&A session.

In a warm and enlightening address, peppered with humour and regular outbursts of laughter, he shared his frank views and philosophies with delegates on a wide range of subjects from health and wellbeing to world peace and from science and religion to education.

He told delegates: "Trust and a peaceful mind are the key factors for a healthy body. Hygiene of the body is important, but hygiene of the emotion is just as important."

He advocates self reliance and taking personal responsibility, saying: "If I'm angry



The Dalai Lama spoke at the annual Global Spa and Wellness Summit

and pray to Buddha, not much happens. Destructive emotions develop within, so the antidote must also develop within."

The theme of the Global Spa and Wellness Summit 2013 was 'A Defining Moment' and Pelletier asked the Dalai Lama about defining moments in his life. He answered with emotion: "When I was 16 I lost my freedom, when I was 24, I lost my country. Then I lost my individual freedom when I became the Dalai Lama." Details: <http://lei.sr?a=p2V9F>

Spa is Reading Council's preferred choice

A £3m spa complex has been selected as Reading Council's preferred choice to anchor in the restoration of the Grade II listed King's Meadow Baths, which have been closed since 1974.

More than £1.25m was needed to restore the lido, which the council did not have the funds for, leaving the site to be offered out to tender on a 250-year lease.

The council chose the spa plans ahead of four other bids, one of which included turning the lido into a temporary ice rink.

It is thought the new development could include a pool, as well as spa facilities. The organisation potentially in charge, the Glass Boat Company, was responsible for the restoration of another derelict lido in Bristol.

Funding was previously being gathered by the King's Meadow Campaign, however the community group was only able to raise £10,000 after two years.



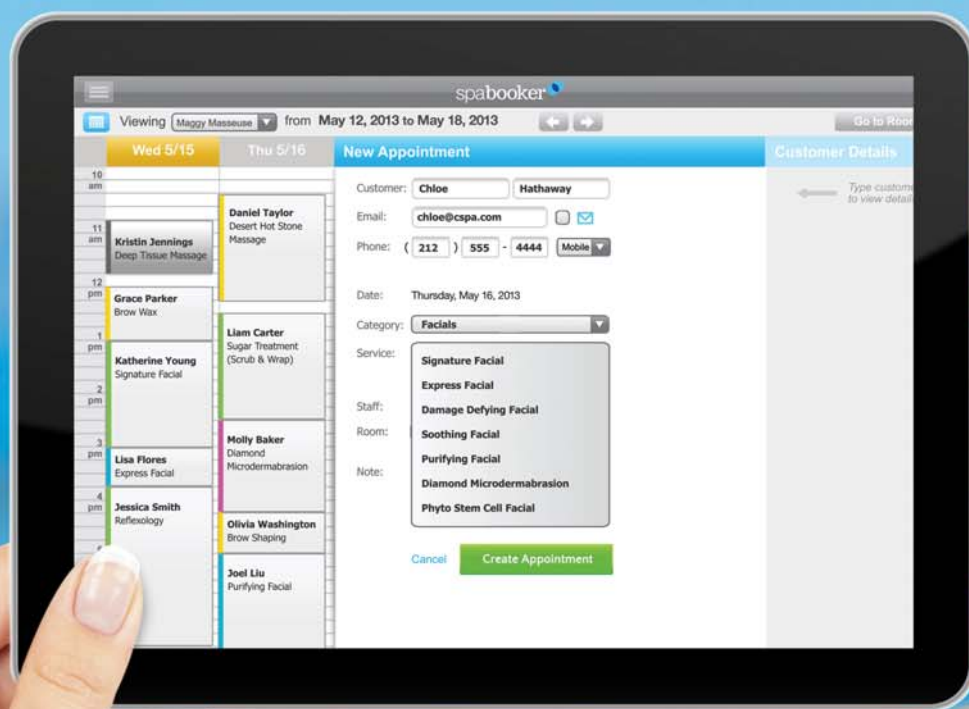
The Grade II listed King's Meadow Baths has been closed since 1974

"The council would need more detail on how the spa plans would impact on parkland surrounding the lido and on whether the pool would be made affordable for local residents to use," said council leader Jo Lovelock as the proposed development goes for planning approval.

If planning is approved, construction of the facility could begin next spring. Details: <http://lei.sr?a=Y3k6J>

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Warrington Council wants to revitalise the town

Warrington to be revitalised by mixed-use project

Warrington Council has outlined plans to revitalise the town centre with a £52m mixed-use development.

The scheme, which will have a contemporary market hall at its heart, is set to create a new family-friendly shopping, restaurant and leisure experience featuring a multiplex cinema and new civic centre.

The 3.4 hectare (8.4 acre) development site extends from Bridge Street and across the Time Square development and includes the site of the existing market.

The project will be delivered by Warrington Borough Council with development partner, Muse and will be managed by Warrington & Co, which was established to act as a partnership between Warrington Borough Council, business leaders and key organisations to deliver strategies. Details: <http://lei.sr?a=p4K4v>

GuocoLeisure to launch new luxury global hotel brand

London-based global hotel subsidiary of the Singapore-listed GuocoLeisure Group, glh, has announced the launch of a new luxury hotel and private residences brand.

Clermont is launching with three new developments on two continents with a gross development value of £2.1bn.

As part of the plans, the Royal Horseguards hotel, which sits on the north bank of the River Thames, will become Clermont London in 2014 after an extensive renovation.

Other hotels and residences announced include Clermont Singapore, which will form part of a mixed-use development and will open in 2016. Clermont Kuala Lumpur will be situated in Damansara City and will open as part of a mixed-use development in 2016. Finally, Clermont Residences are due to open in Singapore and Malaysia, adjoining the Singapore and Kuala Lumpur Clermont Hotel with services being offered to permanent residents.

Agreement reached for Circuit of Wales track

Work is set to commence on a £280m motor racing circuit in Blaenau Gwent, Wales, after the group behind the plans – Heads of the Valleys Development Company (HVDC) – signed a legal agreement with the local council.

HVDC reached an agreement on the Section 106 aspect of the circuit's planning application with Blaenau Gwent County Borough Council (BGBC) and expects to begin pre-enabling works before the end of the year. Full construction will start in early 2014 with completion due in 2015-16.

To be built as a low carbon automotive centre of excellence, Circuit of Wales represents the UK's largest ever privately-led capital investment programme in motor sport-related infrastructure.

The first phase of the multipurpose development will be the construction of an international specification motor racing



Construction work on the site is due for completion in 2015-16

circuit, including a hotel and commercial and retail complexes.

It is designed to host international motor sport events and will be a centre for motor sport-related industries. It will include a 3.5-mile track that takes advantage of the unique topography of Ebbw Vale, a Motocross track, an international karting track and off-road driving facilities. Details: <http://lei.sr?a=p4h3R>

China invests in Manchester scheme

China's biggest bank is to invest in the £650m Manchester Airport City project, according to the *Financial Times*.

The paper said that the state-owned Industrial and Commercial Bank of China is to sign the deal when George Osborne visits Beijing with a view to rekindling Sino-British relations after months of diplomatic tension.

The 150-acre (60.7-hectare) development is centred on Manchester Airport's international links and will feature 2,500 hotel beds and 100,000 sq ft (9,290sq m) of retail and leisure.

Manchester Airports Group (MAG) is behind the scheme, which was announced after the UK government confirmed the area as a new Enterprise Zone in March 2011.

A two-stage masterplan will see two core Airport City zones developed, the first adjacent to the airport's railway station and including hotel, office and retail uses.

The second zone will be located next to the existing cargo centre and will focus on logistics



The Manchester Airport City project is to receive £650m from China

and freight. The development is expected to be undertaken over a 12- to 15-year period.

A central park stretching more than 800m (2,625ft) will act as the centrepiece to the project and include pavilions and event space, while linking with existing local green space.

Mr Osborne will fly to Beijing on 13 October, a day after Boris Johnson, the London Mayor, heads to China on his own trade and investment mission. Details: <http://lei.sr?a=c6w7b>



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Pre-procurement engagement sought with organisations interested in providing leisure and culture facilities and services on behalf of Wigan Council.

Wigan Council is currently reviewing its contracting arrangements across a number of service areas to consider whether there may be more effective ways of meeting its overall strategic objectives and / or reducing its service costs.

In this context the Council is considering how best to commission and competitively procure its leisure and cultural services. We would like to hear from organisations that may be interested in partnering with the Council to deliver some or all of these services. Discussions will relate to the feasibility of requirements, the best approach, the capacity of the market to deliver and the possible risks involved. At the present time leisure and cultural provider WLCT provide these services under a contract currently expiring in March 2015.

The services encompass:

- Sports and leisure facilities and services (including 7 sports centres incorporating 6 fitness suites, 4 swimming pools, 3 sports halls, an athletics arena and a tennis centre).
- Libraries, heritage and archive facilities and services (including 15 libraries, a museum and a working steam engine)
- Parks, sports and recreation pitches, play areas and allotments.

The Council will confirm and provide further details of the facilities and services that are intended to be included in any new arrangement in due course, however, at this stage we would like to talk to potential providers before starting the formal procurement process.

Topics that the Council wishes to cover include; rationalisation and / or investment in facilities and alternatives to property and / or service management arrangements.

Under the Public Services (Social Value) Act 2012 the contracting authority must Consider:

- how/what is proposed to be procured might improve the economic, social and environmental well-being of the area where it exercises its functions, and
- how, in conducting the process of procurement, it might act with a view to securing that improvement.

Accordingly, discussions will include how these requirements could be included in any requirement and ultimately incorporated into the contract (if any awarded).

If you would like to discuss this matter in any more detail please contact Jerry Gould on 07836 760357 on or before Friday 8th November 2013. Please note that the council will maintain the commercial confidentiality of information received during discussions in line with applicable laws such as the Freedom of Information Act and there will be no obligation to further your interest into a formal bid.

The Council reserves the right to consider responses and select an appropriate sample of organisations to engage with to give a cross section of the market. In conjunction with professional advisers this will be managed in a way so as to not advantage one potential supplier or group of potential suppliers. Any organisations that decide not to engage at this time will not be precluded from taking part in any formal procurement exercise.



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BHA targets young people in new scheme

The British Hospitality Association (BHA) and Restaurant Association are targeting the hospitality and industry to invest in young people in the next phase of the industry's jobs push.

The latest Big Hospitality Conversation initiative, will specifically target youth employment in the restaurant and catering sectors.

Led by the BHA in partnership with Springboard, Business in the Community (BITC) and Barclays, the event will be hosted by BaxterStorey in Tavistock Square, London.

The initiative will invite hospitality and restaurant businesses from across the south-east to make pledges to create new jobs in the UK for 16 to 24-year-olds. It's aim is



The initiative embraces a common approach to job creation

to tackle youth unemployment as well as embrace a common approach to work placements, internships and apprenticeships. Details: <http://lei.sr?a=c9g4R>

Hotel wins award for training homeless

The Andaz Liverpool Street Hotel in London has been given a Dragon Award for the work it does training homeless people to be chefs.

The hotel, which has been running the scheme in partnership with east London homelessness charity Providence Row for two years, won the award after impressing judges with its work training the city's 'lost apprentices'.

The hotel ran workshops in its kitchens before offering work placements with a real-life recruitment process, giving trainees real-life employment experience.

Since the programme started, 24 out of the 31 people who took part in the scheme have completed the programme, with five of them moving into paid employment, four into accredited training and six into further volunteering.

Established 26 years ago, the Dragon Awards



The Andaz Liverpool Street Hotel is training the homeless to be chefs

recognise excellence in corporate community engagement programmes.

"Much can be learned from this year's SME winners," said Lord Mayor of London, Alderman Roger Gifford. "They have successfully engaged with unskilled and unemployed people to spearhead the search for London's lost apprentices." Details: <http://lei.sr?a=Q5q3g>

New training course prepping Glasgow for 2014 Games

A new online programme is being developed to support tourism in Glasgow in the build up to the 2014 Commonwealth Games.

The Glasgow Welcomes course has been developed by Flow Training for the Glasgow Tourism Service Initiative, with the key aim

being to help tourism industry staff offer advice on what there is to do in the city.

The training module is funded by Scottish Enterprise, with additional funding coming from Skills Development Scotland and Glasgow City Council. Details: <http://lei.sr?a=R9v4U>



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Legal cases and the lessons learned

A workshop for pool lifeguards, pool trainer assessors and pool supervisors is just one of a number of training courses and seminars that is being offered by QLM this year. The workshop will explore recent criminal and personal injury cases, including a recent case that led to a fine of £200,000 and how they impact on lifeguards and customers.

QLM are experts in pool management and their expert consultants have been engaged as expert witnesses on this and a number of other recent cases.

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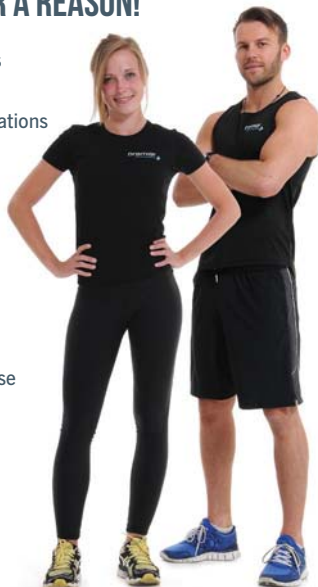
    



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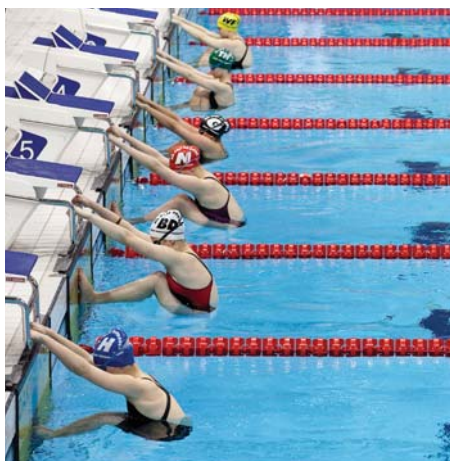
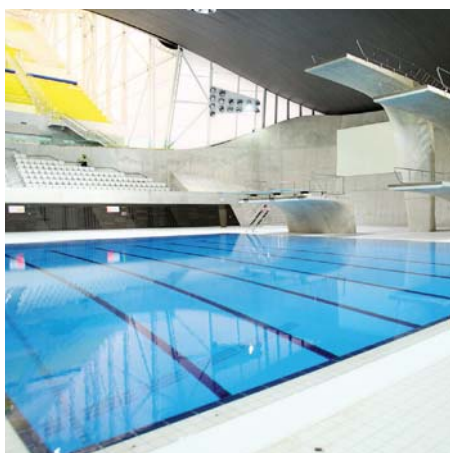
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Following their successful opening of the Copper Box Arena in July 2013 GLL are now looking for an extraordinary individual to run the best Aquatics complex in the world. The London Aquatics Centre will open in early 2014 and we need an experienced and dynamic General Manager like no other for this world class sporting venue. Working with our partners at London Legacy Development Corporation you'll sit at the heart of this iconic facility.

The Aquatics Centre with its two 50m pools and diving pool, and a seating capacity of up to 2500 will provide an important London swimming legacy. Expectations are high and the venue must open with an exhilarating and exciting programme encompassing community fun activities, structured performance pathways, as well as delivering a busy and exciting swimming lesson programme in world class surroundings. The venue will also attract Regional and Club competitions through to National and International events including the European Swimming Championships in 2016.

The successful candidate will be a key part of the team that helps deliver the legacy for London. We need a world-class General Manager who is passionate about delivering world class customer service, is an industry leading operational manager and who can deliver to both business and social targets.

If this sounds like you and you are ready for one of London's most exhilarating legacy jobs, please view our full information pack and apply online at www.glljobs.org or contact Sue Taylor on GLL's recruitment hotline - 020 8317 5000 extension 4123 to arrange an informal discussion on the role.

Closing Date: 27th October 2013



GLL is the leading UK charitable social enterprise selected to operate the Multi-Use Arena and Aquatics Centre in legacy mode on behalf of the London Legacy Development Corporation. With over 6,000 employees in a variety of jobs, we're proud to be an equal opportunities employer. Applications are encouraged from all sections of the community. GLL is a registered trademark of GLL (Greenwich Leisure Limited), a charitable social enterprise. Registered Address, Middlegate House, The Royal Arsenal, London, SE18 6SX. I.P.S Registration Number: 27793R Inland Revenue Charity Number: XR43398. VAT Number: 626592225

Centre Manager

Centre Club
Morris Centre

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You will have overall responsibility for driving commercial performance of the venue by delivering marketing activity, providing high levels of customer service and effective organisation and delivery of our facilities. You will ideally have a formal qualification in leisure management with at least 5 years' relevant experience including management of buildings, services and projects and 3 years' experience of people management. A key part of the role is ensuring that the club is compliant with relevant health and safety legislation.

The job description and details about the application process are available electronically and can be obtained by emailing marina.doward@sky.com

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- Management experience within the leisure industry
- Ability to communicate both in writing and verbally
- Experience in Customer Care
- Be able to work alone and as part of a team
- IT literate
- Be confident, friendly, approachable and enthusiastic
- Experience of devising training programmes, taking fitness assessments & delivering various group based classes

Please contact Mike Tietz on 01332 249608 for further information.

To apply please email your CV with a covering letter to: hr@rrleisure.co.uk



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You will have proven experience of delivering change within our sector preferably within a multi-site environment and have a track record of supporting new business development, a good commercial understanding, personal confidence and composure, excellent collaborative communication skills and a strong commitment to customer care.

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For an informal discussion about this position, please contact Scott Rolfe, Head of Operations on 0845 241 0353.

Application packs are available online at www.halo-leisure.org.uk

Closing date: 12 noon Friday 8th November.

Interview Dates: Monday 18th AND Tuesday 19th November 2013.

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Yn Halo Leisure rydym yn pwysleisio Cymunedau Iach a galluogi pobl i ddilyn Ffyrdd Iach o Fyw. Ymunwch â ni fel **Rheolwr Iechyd a Ffitrwydd** a chynorthwyo i 'Ysbrydoli Bywydau Llawnach'.

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O'n hochr ni, gallwn gynnig un o'r pecynnau gorau yn y sector i'r ymgeisydd iawn.

I gael trafodaeth anffurfiol ynglŷn â'r swydd hon, cysylltwch â Scott Rolfe, Pennaeth Gweithrediadau ar 0845 241 0353.

Mae pecynnau cais ar gael ar-lein yn www.halo-leisure.org.uk

Dyddiad cau: hanner dydd, dydd Gwener 8 Tachwedd.

Dyddiadau Cyfwd: dydd Llun 18 A dydd Mawrth 19 Tachwedd 2013.

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An iconic venue. An experience of a lifetime.

Due to open in March 2014, the £100m Lee Valley VeloPark in **Stratford** is set to become a truly world-class venue. The following positions represent a great opportunity to make an impact right from the official launch.

Duty Manager

£16,653 - £21,090 per annum

With responsibility for the day-to-day running of the Venue, your ultimate aim is to provide a first class customer experience for our visitors. You'll get involved in a range of areas from customer service and operations, events and corporate liaison, delivery and development of cycling activities to the technical operation. Providing essential support to the Assistant Managers, you'll also manage staff rotas and deal with recruitment and training needs. With a solid background in the leisure industry, you'll have previous supervisory experience at ILM course level or equivalent.

Centre Assistant

£14,208 - £18,771 per annum

You'll be tasked with the efficient and safe operation of the whole VeloPark from the cycle tracks to the grounds. With main responsibility for all health & safety, you'll also ensure the venue is clean, tidy and a safe environment for our visitors. A background in the leisure industry, ideally working in a multi-cultural or multi-ethnic environment is essential.

Customer Services Assistant

£14,208 - £15,786 per annum

As the first point of contact for all visitors to the site, you'll be totally at ease dealing with a wide range of people from all walks of life. Making bookings and dealing with queries, you'll make sure that a high level of service is achieved at all times. Previous customer service experience is a must and if it's within the leisure industry, even better! An excellent communicator, you'll be well presented and used to working as part of a team.

For all roles, you must be flexible as shift patterns mean you will have to work some early mornings, late nights and weekends. Overnight shifts may also be required in some instances.

We also have some exciting Catering opportunities becoming available soon at the Velodrome. Keep checking our website for details.

If you have the determination and talent it takes to make this venue truly world-class, we'd love to hear from you. For full information on these roles and to apply, please visit our website www.leevalleypark.org.uk/jobs

Closing date: 25th October 2013.

Interviews will be held between Monday 4th November and Friday 15th November 2013.

Please note that Lee Valley Regional Park Authority reserves the right to bring forward the closing date if there are enough candidates of suitable quality.

Bringing you
Lee Valley

For more details on the following jobs
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- Operations Implementation Manager**, Chester Zoo, UK
Commercial Manager, The Gym Group, London, UK
Chief Executive, Wave Leisure, East Sussex, UK
Personal Trainers, The Gym Group, Bournemouth, UK
Duty Manager (Maternity Cover), GLL, West Oxfordshire, UK
Fitness Manager, GLL, Romford, UK
Fitness Motivator / Level 3 Personal Trainer, Everyone Active, St. Albans, UK
Sales and Retention Manager Opportunities, DW Sports Fitness, West Yorkshire, UK
Sales Team, DW Sports Fitness, Huddersfield, UK
Sales and Retention Manager, DW Sports Fitness, Huddersfield, United States
Swim Lesson Manager, Everyone Active, Basildon, UK
General Manager, Ilkley Lawn Tennis and Squash Club, West Yorkshire, UK
Full Time Personal Trainers wanted, Ten Pilates, Central London, UK
Personal Trainer, At Home Fitness, England & Wales, UK
Full Time Bar Supervisor, New Malden Sports Club, New Malden, UK
Spa Receptionist, Dorchester Collection, London, UK
Service Manager - Maternity Cover, GLL, West Oxfordshire, UK
Healthwise Facilitator, GLL, Royal Borough of Greenwich, UK
General Manager, DW Sports Fitness, Warrington, UK
Duty Manager, Lee Valley Regional Park Authority, Stratford, UK
Centre Assistant, Lee Valley Regional Park Authority, Stratford, UK
Customer Services Assistant, Lee Valley Regional Park Authority, Stratford, UK
Aqua Sana Manager, Center Parcs, Nottinghamshire, UK
InstructAbility Regional Project Coordinator, Aspire National Training, Centre, Home based with travel required across East and Midlands Regions, UK
Group Operations Manager, Tonbridge and Malling Leisure Trust, Kent, UK
Sports and Leisure Officer, Stratford Upon Avon School, Warwickshire, UK
Golf Complex Manager, Oak Leaf Golf Complex, Newton Aycliffe, Co Durham, UK
Services Manager, Anchor, Bishopstoke Park, Eastleigh, UK
Personal Trainer, Xercise 4 Less, Nationwide, UK
Trainee Personal Trainer, The Training Room, Nationwide, UK
Personal Trainers, Lisa Foley Fitness, Manchester and Cheshire area, UK
Healthwise Co-ordinator, GLL, South Oxfordshire, UK
Regional Sales Manager, Executives Online, South East or Midlands, UK
Duty Manager, DW Sports Fitness, Bolton, UK
Personal Trainer, Énergie Group, Wilmslow, UK
Membership Sales Advisor, Énergie Group, Wilmslow, UK
Assistant General Manager, DW Sports Fitness, Canterbury, UK
Business Development Manager, Oxford City Council, Oxford, UK
Duty Manager, DW Sports Fitness, Blackpool, UK
Membership Consultant, Everyone Active, Cirencester, UK
Tutor / Student Mentor, Amac Training Ltd, Canterbury, UK
Venue General Manager, GLL, London, UK
Aqua Instructor, Everyone Active, Gloucestershire, UK
Football Coaches, The Sports Factory, New Jersey, United States
Lifeguards, Everyone Active, Harrow, UK
Healthwise Facilitator, GLL, Whitechapel, UK
Service Manager, GLL, Shepherds Bush, UK
Personal Trainer, Pure Gym Limited, Granton, Edinburgh, UK
Personal Trainer, Pure Gym Limited, Manchester Debdale, UK
Personal Trainer, Pure Gym Limited, York, UK
Trainee Duty Manager, Parkwood Leisure, Buckinghamshire, UK
Personal Trainer, Pure Gym Limited, Runcorn, UK
Personal Trainer, Pure Gym Limited, Wolverhampton Bentley Bridge, UK
Sales Manager - East Lancashire Railway, East Lancashire Light Railway Company Ltd, Bury
Centre Manager, Morris Centre (Centre Club), Birmingham, UK
Learning Disability Sports Advisor, Mencap, National Centre, London, UK
Lead Officer: Destination, Denbighshire County Council, Ruthin, North Wales, UK
General Manager, The Gym Group, London Colindale, UK
Operations Implementation Manager, Chester Zoo, Chester, UK
Full Time Bar Supervisor, New Malden Sports Club, New Malden, UK
Commercial Manager, The Gym Group, London, UK
Club Manager, énergie group, Maidstone, UK
School Sport Manager, Northamptonshire County Council, Northampton, UK
Operations Manager, Xercise 4 Less, Nationwide, UK
Sales and Marketing Manager, Xercise 4 Less, Nationwide, UK
Membership Consultant, Xercise 4 Less, Nationwide, UK
Dance Instructor (Part Time), Parkwood Leisure, Rushcliffe, Nottingham, UK
Casual Recreation Assistant, YMCA Club, Central London, UK
Personal Trainer - Flexible working hours, YMCA Club, Central London, UK
Telesalesperson, truGym, Kent / Uxbridge / Leeds, UK
Personal Trainer, Matt Roberts Personal Training Company, Central London, UK
Personal Trainer, At Home Fitness, England & Wales, UK
Chief Executive, Wave Leisure, East Sussex, UK
Divisional Sports and Community Development, Fusion, City of London, UK
Wet Operations Manager, Fusion, Loughborough, Charnwood, UK
Personal Trainer, Énergie Group, Harlow, Essex, UK
Member Services Team Leader / Manager, Pure Gym Limited, Leeds City Centre, UK
Member Services Advisor Opportunities, Pure Gym Limited, Leeds City Centre, UK
Gym Managers and Assistant Gym Managers, Pure Gym Limited, Nationwide, UK
Franchise Opportunity, Premier Sport, Nationwide, UK
Casual Recreation Assistants, Parkwood Leisure, Exeter, UK
Trainee Duty Manager, Parkwood Leisure, Wycombe, UK

Duty Manager, Parkwood Leisure, West Berkshire, UK
Gym and Spa Operative, Motive8 Group Ltd, West London, UK
Gym and Spa Supervisor, Motive8 Group Ltd, West London, UK
Multi-Sports Coach, Motive8 Group Ltd, Richmond Borough, UK
Gymnastics Coach, Motive8 Group Ltd, Richmond Borough, UK
Tutor, Leisure Industry Academy, Nationwide, UK
Sales and Retention Manager, DW Sports Fitness, Carlisle, UK
Admin Manager, DW Sports Fitness, Lincoln, UK
Swimming Teachers, Community Swimming, Various, UK
Sales & Marketing Manager, Branston Golf & Country Club, Burton upon Trent
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Centre Manager/Duty Manager, Parkwood Leisure, Banbury, UK
Swimming Teacher, Everyone Active, Malvern, UK
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Spa Manager, The Nail Spa, Dubai, United Arab Emirates
Hairstylist, The Manor, New Delhi, India
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Personal Trainer, DW Sports Fitness, East Midlands, UK
Personal Trainer, DW Sports Fitness, North Wales, UK
Personal Trainer, DW Sports Fitness, North West England, UK
Tennis Coaching Apprenticeship, Parkwood Leisure, North Devon, UK
Tennis Coaching Apprenticeship, Parkwood Leisure, Southend, UK
Apprenticeship, Parkwood Leisure, Nationwide, UK
Personal Trainers, The Gym Group, Newcastle East, UK
Personal Trainer, At Home Fitness, England & Wales, UK
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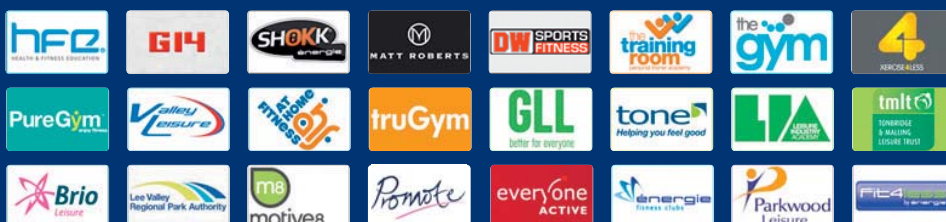
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Assistant General Manager, DW Sports Fitness, Winsford, UK
Assistant General Manager, DW Sports Fitness, Selby, UK
Duty Manager, Parkwood Leisure, South Bristol, UK
Catering and Events Manager, Parkwood Leisure, Southend, UK
Catering and Events Manager, Parkwood Leisure, Southend, UK
Sales Consultant (TEMP), DW Sports Fitness, Inverness, UK
Operations Implementation Manager, Chester Zoo, Chester, UK
Commercial Manager, The Gym Group, London, UK
General Manager Opportunities, DW Sports Fitness, North West area, UK
Sales and Retention Manager, DW Sports Fitness, Oldham, UK
Club Manager, énergie group, Highbury, UK
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Membership Manager, Énergie Group, Harlow, Essex, UK
Fitness Instructor (Female Applicants), énergie group, Beckenham, UK
Spa Therapists, The Manor, New Delhi, India
Assistant Spa Therapist, Spa LONDON, GLL, Epsom and Ewell Borough Council, UK
Assistant Spa Therapist, Spa LONDON, GLL, Epsom and Ewell Borough Council, UK
Children's Party Leader, Everyone Active, Studley Leisure Centre, Warwickshire, UK
Duty Manager, GLL, Wapping, UK
Front of House Receptionist (16 hours), Everyone Active, Malvern, UK
Lifeguard, Everyone Active, Studley Leisure Centre, Warwickshire
Level 2 Swim Teacher, Everyone Active, Studley, Warwickshire, UK
Recreation Assistant, Everyone Active, Malvern, UK
Personal Trainer, Pure Gym Limited, Reading, UK
Swimming Teachers, Everyone Active, Shipston-on-Stour, UK
Lifeguards, Everyone Active, Northolt, UK
Sales and Retention Manager, DW Sports Fitness, Barrow-in-Furness, UK
Personal Trainers, The Gym Group, London Wood Green, UK
Personal Trainers, The Gym Group, Plymouth, UK
Personal Trainer, Pure Gym Limited, Acton, London, UK
Personal Trainer, Pure Gym Limited, Sheffield Millhouses, UK
Swimming Teachers, Everyone Active, Harrow, UK
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Study shows you can be fit and fat

Despite the American Medical Association's decision in June to classify obesity as a disease, a study has shown that obese people can be perfectly healthy in terms of cholesterol and blood pressure levels, showing no apparent signs of impending diabetes.

A study in the journal, *Diabetologia*, has shown that the metabolically healthy obese can generate new cells to store fat in the subcutaneous padding, just beneath the skin, where it appears to remain harmless.

In contrast, the fat cells of the unhealthy obese swell to breaking point and die off. This leads to fat accumulating where it doesn't belong – such as the liver, heart and skeletal muscle – which then causes health issues.



Research suggests that you can be metabolically healthy while being obese

Dr Jussi Naukkarinen, research scientist specialising in internal medicine at the University of Helsinki, argues that studying metabolically healthy obesity can teach a lot about normal obesity. Details: <http://lei.sr?a=a5F8V>

Grant to replace Robertson as new minister for sport

Conservative MP Helen Grant has been named the new minister for sports and equalities, following the move of current minister Hugh Robertson to the Foreign Office.

The change is part of the coalition government's reshuffling of ministerial posts,

instigated by Prime Minister David Cameron.

Grant moves to the DCMS from the Department of Justice, where she held the dual roles of under-secretary for justice and under-secretary for women and equalities. Details: <http://lei.sr?a=b2D4h>

Boutique hotel opens in Sheffield

A former University of Sheffield hall of residence has been transformed into a boutique conference hotel following a £1.8m refurbishment by UNICUS – a subsidiary of the University of Sheffield.

Located in the University's Endcliffe Village, the new Halifax Hall Hotel occupies a historic building that was built in the 1830s as a steel baron's mansion. The hotel features 38 guest-rooms and has the capacity for meetings and events for up to 120 delegates.

Halifax Hall Hotel has partnered with South Yorkshire's sleep consultancy We Love Sleep to help guests get a better night's sleep. We Love Sleep will provide beds, mattresses, cooling alpaca pillows and duvets, pillow sprays, eye masks and light therapy boxes.

The hotel is also supplied by a host of South Yorkshire businesses and products including



The Halifax Hotel is a former hall of residence

Sheffield coffee company Cafeology and Dairy company Our Cow Molly.

Paul Foster, general manager of Halifax Hall Hotel, said: "We wanted to give our guests a great night's sleep in preparation for any event." Details: <http://lei.sr?a=N9Q2d>

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