

David Lloyd to launch ASMR experience

David Lloyd Clubs has become one of the first health club and spa operators in the UK to offer ASMR therapy sessions following a new partnership with ASMR artist Sophie Michelle.

ASMR – or Autonomous Sensory Meridian Response – is a physical response to a stimulus, such as chopping vegetables or whispering, which begins as a tingling sensation in the scalp before moving down the neck and spine. It has been proven to reduce stress, as well as aid relaxation and has become a wildly popular youtube phenomenon, with more than 13 million videos on the platform dedicated to triggering the reaction.

In response to the trend, David Lloyd Clubs will trial live ASMR sessions at its new Spa Retreat at David Lloyd Chigwell, before rolling the experience out across its Spa Retreat clubs across the UK.

Sessions will feature Sophie Michelle performing ASMR triggers using commonplace spa objects into a pair of microphones, while headphone-wearing



■ Sophie Michelle will perform ASMR triggers using commonplace spa objects

guests watch and listen to experience the brain tingling, also known as a 'braingasm', associated with ASMR.

"We understand how important wellness is and we're always on the lookout for new ways for our members to exercise self-care," said Stephanie Holland, head of Spa at David Lloyd Clubs.

[READ MORE ONLINE](#)



We're always on the lookout for new ways for our members to exercise self-care

Stephanie Holland

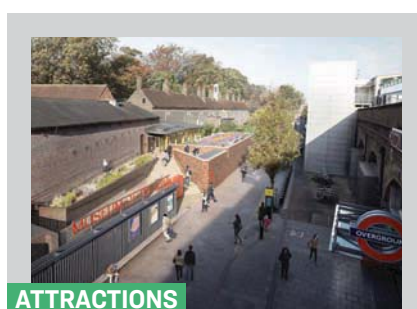


SPORT

UK's first ever NFL Academy opens in London

New River Sport & Fitness site to be managed by Fusion

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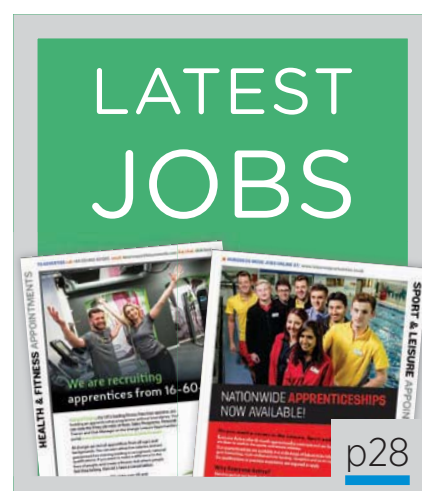


ATTRACTIONS

Museum of the Home targets 2020 relaunch

Reopening to follow £18.1m renovation and reimagining


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INVINCIBLE

Ukactive's **Jack Shakespeare**: political parties 'off the mark' in their approach to help NHS

The main political parties need to "discuss prevention in the same breath as they discuss funding the NHS", according to Jack Shakespeare, director of children, young people, families and research at ukactive.

Responding to the major political parties publishing their manifestos, Shakespeare said the parties have failed to acknowledge some of the solutions for easing the pressure on the health service.

"The parties have published their manifestos and yet we are left wondering about how important prevention and early intervention will be to the next government," Shakespeare said.



■ Shakespeare was responding to parties publishing their manifestos

"We're left wondering about how important prevention and early intervention will be to the next government"

"Central to the election campaign has understandably been our National Health Service, but the debate has

so far focused heavily on front line investment, with limited discussion on how to reduce people using the NHS.

"The major parties need to discuss prevention in the same breath as they discuss funding the NHS, and there is no better place to start than focussing on the youngest in our society and their families."

Shakespeare did welcome, however, the manifesto pledge made by the Conservative Party to invest £1bn over three years to create 250,000 extra childcare places – through schools – during the holidays for primary school-age children.

"Why is this so important? Because opening schools during holiday times provides an opportunity to unlock activity for the children that need it the most."

'Safeguarding issue' prevents **Zara Hyde Peters** from taking up CEO role at UK Athletics



■ Hyde Peters had been appointed to the role in August

Zara Hyde Peters will not take up her role as the next chief executive of UK Athletics as planned.

The former international long-distance runner and British Triathlon chief was due to start work as UK Athletics CEO in December, but wide-spread press reports regarding a "safeguarding issue" have now put stop to her appointment.

In a short statement, Chris Clark, chair UK Athletics, said: "Following recent press reports and significant

We've agreed together that Zara will now not be taking up her position as CEO
Chris Clark, chair UK Athletics

media attention focused on Zara Hyde Peters, the UK Athletics Board convened a meeting this past Sunday 24 November and discussed the situation fully.

"Following the meeting I had time with Zara to review the situation and we have agreed together that she will now not be taking up her position as CEO on 1 December."

Hyde Peters had been appointed to the role in August following a near-one year search for a permanent UK Athletics CEO, triggered by the stepping down of Niels de Vos in September 2018.

Hyde Peters' career as an elite athlete saw her compete for Great Britain in events during the 1990s and for England at the 1994 Commonwealth Games.



■ Prince Andrew held the role of president of ALVA since 1999

"It is intended that Lord Lee, our chair, will succeed HRH The Duke of York as president in September 2020"

Prince Andrew "no longer president of ALVA"

The Association of Leading Visitor Attractions (ALVA) has confirmed that HRH The Duke of York, Prince Andrew, will no longer represent the organisation as its president.

Prince Andrew had held the role of president for exactly 20 years, having being appointed to the role in 1999.

In a short statement, ALVA said: "In light of the Duke of York's decision not to undertake public duties for the foreseeable future, as a consequence of the issues raised in the BBC Newsnight interview, the board of ALVA confirms that His Royal Highness is now no longer its president.

"The Duke of York has been President of ALVA

since 1999 and we thank him for the support he has given the Association over the last 20 years.

"It is intended that Lord Lee, our chair, will succeed HRH as president in September 2020, when Lord Lee steps down as chair, having served ALVA in that role for 30 years.

"We do not intend to make any further statements to the media about the board's decision to cease HRH's presidency of ALVA."

ALVA's members include some of the UK's most popular, iconic museums, galleries, palaces, castles, cathedrals, zoos, historic houses, heritage sites, gardens and leisure attractions.

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■ Whelan has vacated the role with immediate effect

SoulCycle chief executive **Melanie Whelan** steps down from her role

SoulCycle chief executive Melanie Whelan has resigned from her role, capping off a challenging few months for the indoor cycling operator.

Whelan will vacate the role with immediate effect and will also step down as director of the company's board.

She will be replaced by chief financial officer Sunder Reddy, who has been named interim CEO.

In an emailed letter sent to SoulCycle employees – widely reported in the US media

"I'm deeply grateful for the opportunity to have led SoulCycle during a transformational time"

– Whelan wrote: "I'm deeply grateful for the opportunity to have led our SoulCycle team and brand during a transformational time for this amazing community.

"Having started with SoulCycle when we had only seven studios and a huge dream, I couldn't be more proud of what this team has accomplished together. The magic of SoulCycle has always

been in those dark studios. The love, the passion, the energy and the spirit of what we do is more important today than ever before. SoulCycle is a one-of-a-kind organisation and I will be cheering on your continued growth and success."

Founded in 2006, SoulCycle currently operates nearly 100 studios in the US, Canada and the UK.

Blackpool Pleasure beach chief **Amanda Thompson** targets safety and sustainability as new IAAPA chair

The development of a global safety standard for the attractions industry is high on the wish list of incoming IAAPA chair Amanda Thompson, whose tenure began on 19 November.

Thompson, who has been the managing director of Blackpool Pleasure Beach in the UK since 2004, becomes only the third woman to chair the attractions industry association, and the first European woman. She hopes that she can encourage more women to "step up to the plate" in future, she told *Leisure Opportunities*.

Asked where she felt the industry can improve, Thompson said: "A weakness



■ Thompson has been MD at Blackpool Pleasure Beach since 2004

"My goal as IAAPA chair is to unite the amusement park world with safety, security and sustainability"

is definitely not having a global safety standard. This is something which needs to be addressed, and that would be

something I would love to see happen during my tenure."

Thompson takes over from David Rosenberg in

the IAAPA hotseat and pledges to continue the work that Rosenberg started on sustainability, identifying it as a very important issue for the sector.

Looking forward, she says she feels that consumers will want more hands-on experiences in amusement parks in the future, swinging back a little from virtual reality, while festivals and events within parks will become more important.

"Change is extremely exciting and our industry changes every day," she said.

Her goal as IAAPA chair is a clear one: "To unite the amusement park world with safety, security and sustainability."



■ Hanley will be responsible for developing Bannatyne fitness offering

Bannatyne adds to senior leadership team **Hugh Hanley** named head of fitness

The Bannatyne Group has appointed Hugh Hanley as its new head of fitness.

He joins the fitness operator from Virgin Active, where he held the role of head of personal training and fitness.

"The Bannatyne management team has a very similar ethos to me," Hanley said.

"We will be working together to provide members with an overall offering that is far more about health and wellbeing – and a holistic approach – than just straight forward fitness.

"The fitness sector is constantly evolving, and it is

important that health clubs move with the changing landscape. My role is to develop our fitness, personal training and group exercise offering and work with the instructors and trainers to ensure they develop and grow to enable them to help our members achieve their fitness goals."

Hanley's appointment follows a top team reshuffle at Bannatyne Group. Changes at the top have included the return of founder Duncan Bannatyne to front line involvement in the health club, spa and hotel business, after former CEO Justin Musgrove stepped down.

"The fitness sector is constantly evolving, and it is important that health clubs move with the changing landscape"

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EXERCISE REFERRALS

Benefits of referrals 'not as large as hoped'

The improvements in health and wellbeing associated with exercise referral schemes aren't as large as hoped, according to a new study.

A team of researchers looked at data from 23,731 active participants in 13 different exercise referral schemes in the UK, lasting between six weeks and three months, which had been entered into the dedicated National Referral Database.

They looked at measurements recorded at the beginning and end of the schemes in BMI, blood pressure, resting heart rate and scores on internationally-validated mental health, wellbeing, quality of life and exercise confidence scales.

An analysis of the data, published in the *Journal of Epidemiology & Community Health*, revealed significant improvements in most of the included measures.

When the figures were compared with thresholds for clinical "meaningfulness", the changes didn't reach these thresholds. In other words, the size of the changes was so small that it made rendering their impact unclear.

"The findings support the need to consider exercise referral schemes, particularly their implementation, more critically, using real world data to understand how best to maximise their potential," the study states.

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■ The study drew on data from 23,731 active participants



"These findings support the need to consider exercise referral schemes, particularly their implementation, more critically, using real world data to understand how best to maximise their potential"

PARTNERSHIP

Fiit and Hussle join forces



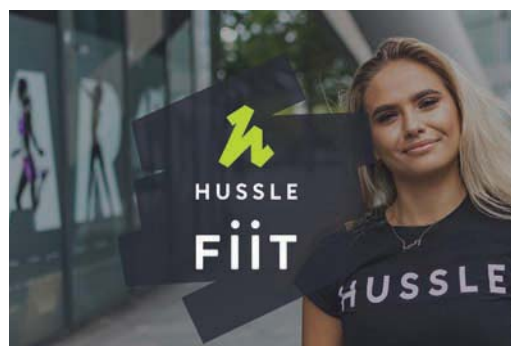
Working with Fiit is the perfect partnership for Hussle

Lawrence King

On-demand fitness app Fiit has partnered with Hussle, giving users of the fitness marketplace access to its catalogue of workouts.

Fiit offers on-demand classes across three disciplines – cardio, strength and balance – with guidance from a selection of PTs. It also runs Fiit Club, which allows users to exercise at home and compete against each other, no matter what their personal fitness levels.

The partnership is set to benefit Hussle members who work out at different gyms across the country – but aren't able to access club-based personal training services.



■ Fiit offers on-demand classes across three areas

For Fiit customers, the collaboration means having access to Hussle's network of 3,000 gyms.

"Working with Fiit is the perfect partnership for Hussle in terms of engaging the Gen Z and Millennial audience," said Lawrence King, head of commercial partnerships at Hussle.

[READ MORE ONLINE](#)

RESEARCH

Is exercise: a 'better cure' for heart failure than bed rest?



We now have a better understanding of how blood flows in the heart

David Emter

Exercise can improve the health of blood vessels in the heart for people with heart failure. The finding, by a research team at University of Missouri, could offer an alternative to bed rest – the most common treatment prescribed by physicians to those with heart failure.

"People with heart failure cannot do everything that a healthy individual can, so the question becomes how much exercise can they handle and what type of impact will it have on their health," said Craig Emter, the study's author.

"We found that regardless of intensity level, some type of physical



■ Any exercise is better than none, the study found

activity was good for heart health compared to no exercise at all."

Emter found that regardless of exercise intensity or duration, any level of exercise resulted in improved health of blood vessels in the heart.

"We now have a better understanding of how blood flows in the heart, the stiffness of blood vessels and the impact that exercise has on heart health," Emter added.

[READ MORE ONLINE](#)

DEALS

TSG acquires Legend Club Management

Revenue management specialist Transaction Services Group (TSG) has acquired active leisure software and services provider Legend Club Management Systems for an undisclosed sum.

Founded in 2002, Legend is currently installed in more than 1,800 sites worldwide.

TSG provides business management software, integrated payments and value-added services and has become a specialist in the health and fitness industry.

"We believe that our unique combination of software, integrated



■ Legend can be found at 1,800 sites worldwide



Our vision was to build a customer-focused software platform

Sean Maguire

payments and value-added services allows our clients to do more of what they love," said Steven Holmes, CEO, TSG.

Sean Maguire, managing director of Legend, added: "When we started Legend in 2002, we had a vision to build and deliver a customer-focused software platform that would provide our clients with the features and services they wanted."

[READ MORE ONLINE](#)

EuropeActive holds Int. Standards Meeting

EuropeActive has held its latest International Standards Meeting (ISM) in Copenhagen, Denmark.

The theme for this year's event was "the need for specialisation and differentiation in personal training".

The programme of panel sessions and keynote speeches touched on a number of key focus areas – such as European educational standards, the region's fitness trends and the differentiation of personal training.

The annual ISM aims to build cooperation within the global fitness sector.

[READ MORE ONLINE](#)

TRAINING

PT Career Experience launches in UK

Training provider Premier Global NASM and budget operator Pure Gym have partnered to launch a national Personal Trainer Career Experience.

The new service will offer students working towards their PT certification a chance to understand and experience the role of a personal trainer, with practical experience and bespoke advice from the UK's largest gym chain.

Before the end of the first two weeks of study towards their qualification, students opting-in to the Career Experience receive an introductory call from the gym manager at the Pure Gym site they pre-selected.

The initial contact is a chance for both parties to get to know each other. The student can then ask questions, while the gym manager is able to learn about the student's motivations and career aspirations – ensuring any advice and practical experience provided is tailored to support these.

"The Career Experience service is not just about enhancing the learning experience," said Rebecca Passmore, COO at Pure Gym.

"It is also about creating a career pathway for fitness professionals that will help us attract and retain talent."

READ MORE [ONLINE](#)



■ The service will give students an understanding of the PT's role



This is about creating a career pathway for fitness professionals

Rebecca Passmore

PILATES

Accredited pre- and postnatal reformer course launched



The course will ensure instructors understand women's needs

Neil Dimmock

Boutique fitness operator Ten Health and Fitness has launched its very own pre- and postnatal dynamic reformer pilates course through its teacher-training arm Ten Education.

It is marketed as the first REPs and CIMSPA-accredited course of its kind on the market.

The course will enable personal trainers to gain an understanding of how each trimester affects the anatomy and physiology of the female body and how to promote safe and healthy activity within these stages of pregnancy.



■ The course will offer PT specific reformer skills

"As the first REPs and CIMSPA accredited course on the market, it will ensure instructors are well versed in providing exercise modifications and able to offer an understanding of women's needs," said Neil Dimmock, director of fitness and Education at Ten Health.



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– Harvard Business Review



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GRASSROOTS

Funetics to reach every school in England

England Athletics is looking to expand its Funetics programme across schools and the physical activity sector by actively looking for new partners to deliver the scheme.

Funetics has been created by England Athletics to help 4-11 year old children across the country to learn, develop and practice running, jumping and throwing skills all year round, for a healthy confident future.

The programme helps children get active by providing a safe, fun and nurturing environment.

It is designed to allow children to develop fundamental movement skills and confidence to help

support them in different sports in the future.

England Athletics' vision is for every primary school-aged child in the country to be able to access funetics sessions and to learn the fundamental movement skills via a trackable physical literacy-based course.

Heptathlete Katarina Johnson-Thompson has been named Funetics ambassador.

"Funetics is a fantastic opportunity for children to access running, jumping and throwing at an early age – and all year round," Johnson-Thompson said.

"For parents to be able to track their child's progress digitally is amazing."

[READ MORE ONLINE](#)



■ Funetics is aimed at helping 4-11 year old children get active



For parents to be able to track their child's progress digitally is amazing

Katarina Johnson-Thompson

NEW OPENING

UK's first ever NFL Academy opens in London



The academy has been set up to give aspiring young American football players the chance to develop their skills and knowledge of the game

The UK's first ever NFL Academy training site has opened its doors in north London.

The New River Sport & Fitness in Wood Green will serve as the official on-field training site for the NFL Academy and is managed by leisure operator Fusion Lifestyle.

The academy has been set up to give aspiring young American football players and other "outstanding athletes" the chance to develop their skills and knowledge of the game, while receiving full-time education at Barnet and Southgate College.



■ NFL legend Jerry Rice visited the academy

Students of the college have access to the extensive facilities, which include a full-size 3G multi-sport pitches, full size athletics track, tennis courts, indoor exercise studios and fully equipped gym.

The opening of the centre was marked with a visit by Jerry Rice, three-time Super Bowl champion, who has been appointed ambassador to the Academy.

[READ MORE ONLINE](#)

STADIUMS

Consultation launched on Anfield expansion plans



We need agreement with the community for expansion to go ahead

Andy Hughes

Liverpool Football Club (LFC) has opened a first-stage public consultation exercise on the proposed expansion of the iconic Anfield Road Stand.

The plans include increasing the capacity of the stand by around 7,000 seats, which would expand overall capacity at Anfield stadium to 61,000 – making it the third largest in the English Premier League, behind rivals Manchester United and Tottenham Hotspur.

As well as the extra seating, the plans include sports bars and lounge hospitality areas.



■ The plans would increase capacity to 61,000

The club will now host a number of drop-in events to consult the local community, local businesses, supporters and key stakeholders on the plans.

"For any expansion to the Anfield Road Stand to go ahead we need agreement with the local community," said Andy Hughes, LFC's chief operating officer.

[READ MORE ONLINE](#)

PARTICIPATION

Nearly half of Irish adults now take part in sport

Nearly half (46 per cent) of the Irish population – around 1.78 million people – currently participate in sport at least once a week.

The figure comes from the *Irish Sports Monitor (ISM) 2019 Mid-Year Report*, published by Sport Ireland, and marks a 3 per cent increase in the number of people playing sport since 2017.

There was also an increase in the number of people taking part socially in sport.

Overall, personal exercise remains the most popular activity (16 per cent of people taking part) followed



■ Number of adults taking part has increased 3 per cent



The report shows progress towards our 2027 target

Brendan Griffin

by swimming (8 per cent), running (7 per cent) and cycling (4 per cent).

According to Brendan Griffin, Ireland's minister of state for tourism and sport, the findings show "good progress in meeting National Sports Policy targets".

"The mid-year report shows further progress towards the 2027 targets set out in the National Sports Policy 2018-2027," he said.

[READ MORE ONLINE](#)

AFC Wimbledon needs a further £11m to finish stadium work

AFC Wimbledon has revealed that it needs to raise a further £11m by January 2020 in order to complete building work on its new stadium at Plough Lane in south London.

Citing "unforeseen planning delays and increased building costs", the EFL League One club said it is now in a race against time in order to come up with a financial plan in order for works to continue.

In a statement, the club said: "The stadium is now taking shape and, while we're totally committed to the project, we are also about to reach a point of no return."

[READ MORE ONLINE](#)

Community Leisure UK

The voice for community leisure trusts across the UK

The community leisure trust collective has launched a new brand that seeks to support and develop our public leisure and culture services. **Community Leisure UK** – formerly Sporta - is the association that specialises in charitable leisure trusts across the UK, enabling networking and knowledge sharing with peers and external stakeholders.

Collectively, member community leisure trusts manage a **combined budget of more than £1.6bn**, **employ over 67,000 people**, and receive **233million visits per year**.

Charitable trusts are key community anchors who **reinvest every penny** into developing services focused on their local people across the life course. Trusts are working with more and more partners to develop supported routes to **mental and physical health improvement**, while reshaping services to meet local strategic objectives.

The ultimate aim of community leisure trusts is to **engage all people across the community**, whether that is having a health check, a coffee in a safe and warm space, going for a swim, taking a walk in the park, borrowing a library book or becoming a member of a gym.

Community Leisure UK are keen to help organisations who would like to know more about the public leisure landscape and / or the charitable trust model. Please do get in touch at:

www.communityleisureuk.org

@CommLeisureUK

cateatwater@communityleisureuk.org

Thank you for reading.



Making our case

It's polling day soon and, as the general election looms, we see that once again the sports and physical activity sector has been largely left off the agenda of all the major parties. Despite this glaring omission, we remain steadfast in our vision to get more people more active more often.

However, we do need to start thinking and acting differently if we are to successfully engage with the people who desperately need our expertise and the services we offer, but who continue to evade us..

Persuasive skills

This is why we have invited David Thomson, a global leader in the fields of persuasion and influence, to keynote at the upcoming CIMSPA conference.

Thomson is a Napoleon Hill certified instructor, a qualified life coach and one of only 19 trainers personally trained and endorsed by Dr Robert Cialdini to teach his POP (Principles of Persuasion) workshop. A powerful and inspiring speaker, with decades of experience, he will give us a unique and refreshing view of how to engage with the audiences we find so difficult to reach.



David Thomson (above) will appear at the CIMSPA conference (right)

Assessing our message

Because here's the thing: there are thousands of people in the UK who know they need to improve their health and wellbeing. They are ready to make positive changes.

Yet, for whatever reason they don't consider our sector to be part of that journey. It's time for us to take a fresh look at what we are selling as a sector. What does our brand stand for? What's our message? I don't think we can continue to label these people as 'hard to reach'. We have to find a way of building trust and relationships with this audience if we are going to attract them into our facilities and make a real difference to their health and wellbeing. David will bring a unique perspective on how we do just that.

The CIMSPA conference takes place at East Midlands Conference Centre, Nottingham, Thursday 27 February 2020. For more, see: www.cimspa.co.uk



Tara Dillon, chief executive of CIMSPA










It's time for us to take a fresh look at what we are selling as a sector. What does our brand stand for? What's our message?

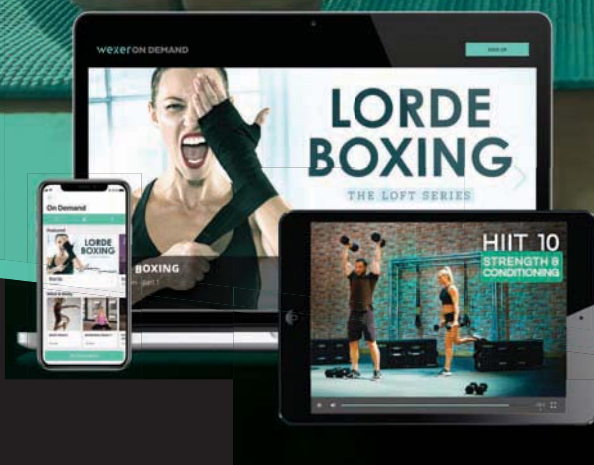


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MARKETING

Treatments to "change the state of mind"

English hotel collection, De Vere, has announced a partnership with JustBe Botanicals.

Spas at De Vere Tortworth Court and De Vere Cotswold Water Park have been selected to include JustBe Botanicals' product line and six treatments.

Founded by Scottish aromatherapist, Gail Bryden, JustBe Botanicals' product line is handmade in Scotland. Both products and treatments are claimed to restore guests' emotional balance and enhance their sense of wellbeing. The partnership will see six new treatments offered, including

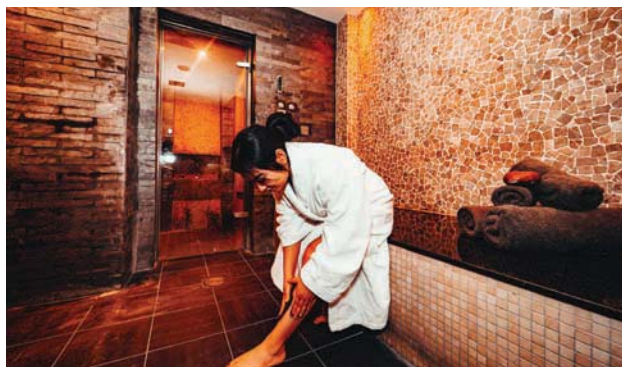
a couple's, prenatal and signature spa experiences.

While booking, guests will be given five 'states of mind' choices for how they wish to feel on departure.

Each treatment will use oils infused with botanicals blended to achieve the guest's desired 'state of mind'.

Louise Tunisch, director of spa at De Vere Cotswold Water park, said: "Our aim is to create a calm oasis away from everyday life, which is why we're thrilled to announce this partnership with JustBe Botanicals as the first hotels in England to offer the brand's treatments and products".

[READ MORE ONLINE](#)



■ Spa guests will be given five 'states of mind' choices



Our aim is to create a calm oasis away from everyday life

Louise Tunisch

AWARDS

Good Spa Guide and ESPA announce 2019 best UK spas



The smaller spas deserve particular praise for their creativity and flexibility

Caitlin Dalton

The *Good Spa Guide* (GSG), in association with ESPA Skincare, recently revealed the winners of its 10th annual awards.

Caitlin Dalton, editor at GSG, said: "We've been really struck this year by the smaller spas that offer a more bespoke, quirky and private experience. They deserve particular praise".

The winners were:

- Best Country Retreat Spa – **Champneys Forest Mere, Hampshire**
- Best Day Spa – **The Spa Hotel at Ribby Hall Village, Lancashire**
- Best Boutique Spa – **Stanley House Hotel and Spa, Lancashire**
- Best Destination Spa – **Aqua Sana Sherwood Forest, Nottinghamshire**



■ Mandara's Trent Munday presented the awards

- Best Spa for Customer Service – **Serenity Spa at Seaham Hall, Co Durham**
- Best Spa for Wellness – **Rockliffe Hall, Co Durham**
- Best Urban Spa – **The Spa at The Midland, Manchester**
- Best Health Club Spa – **The Mere Golf Resort & Spa, Cheshire**
- Best New Spa – **The Spa at South Lodge, West Sussex**

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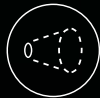
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REDEVELOPMENT

Museum of the Home targets 2020 relaunch

The £18.1m renovation and reimagining of the Geffrye Museum of the Home in London, UK will come to fruition in Q3 2020, with the museum's reopening at its Grade-I listed almshouse location.

The relaunch will coincide with a new name, as the museum is dropping the Geffrye moniker, which comes from Robert Geffrye, a former Lord Mayor of London who built the almshouses. In future the institution will simply be known as the Museum of the Home.

National Lottery Heritage Fund backing to the tune of £12.3m has been critical in allowing the renovation of the museum,

which will result in 80 per cent more space to present its collections.

The redevelopment was designed by Wright & Wright Architects.

A final £600,000 of the £18.1m total is still to be raised, and the museum is actively fundraising this in various ways, including an online Sow a Seed appeal, which invites the public to support the replanting of the "Gardens Through Time" exhibit.

Director Sonia Solicari commented: "Our new displays, spaces and stories will be a starting point for ideas and conversation about what home means."

[READ MORE ONLINE](#)



■ An illustration of the Museum of the Home's new entrance



“Our new displays will be a starting point for ideas about what home means

Sonia Solicari

EVENTS

Record-breaking IAAPA attracts 42,600 attendees



“This year's event is a testament to the sector's growth

Hal McEvoy

A record number of 42,600 industry professionals attended this year's IAAPA Expo, held in Orlando on 18-22 November.

The visitor attraction sector's premier event saw 1,146 exhibitors display their innovations and services across 125 product categories, from ride engineering and virtual reality to special effects and food and beverage.

Thirty eight companies made new product announcements directly from the trade show floor during the Expo, including Maurer, HoloVis, ETF Ride Systems and Premier Rides.



■ The trade show floor featured 1,146 exhibitors

An educational schedule consisting of more than 100 seminars and sessions included a number of keynote presentations.

"With the largest attendance in IAAPA Expo history, this year's event is a testament to the continued growth and strength of the attractions industry," said Hal McEvoy, president and CEO, IAAPA.

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The voice of youth

CIMSPA will host a Youth Panel at next year's active-net event, with the aim of offering real insight into Gen Z



■ The event will look to explore the behaviour and attitudes of Gen Z

It's just months until active-net 2020, the two-day educational, networking and business meetings event, which attracts professionals from across the leisure sector.

Following recent research by Leisure-net into the behaviour, attitudes and perceptions of 16 - 24 year olds (Gen Z), the theme of the event is: 'Gen Z-What makes them tick?'.

YOUTHFUL INSIGHT

To help delegates learn more about this important demographic, active-net 2020 will host members of the CIMSPA Youth Panel, a vibrant mix of young people from across the UK, ranging from students and apprentices to those in employment.

Formed in summer 2018, the Youth Panel is chaired by Malcolm McPhail, group CEO of Life Leisure.

"When I attended the CIMSPA AGM and conference in the past, I was struck by how it was dominated by middle aged people like myself, so when I joined the board, I was determined to make a difference," says McPhail.

Working with Danielle Peel, CIMSPA's head of organisation design and development, McPhail set about creating the chartered institute's first Youth Panel, an advisory group comprising young adults aged 16 to 25, with a view to engaging the younger generation and

When I attended the CIMSPA AGM and conference in the past, I was struck by how it was dominated by middle-aged people



■ The CIMSPA Youth Panel is chaired by Malcolm McPhail (far right), group CEO of Life Leisure, and consists of 13 young people aged 16 - 24

The Youth Panel has already helped to shape the CIMSPA strategy, both its vision and mission

gaining insight into their perspective on the sector. The impact of the young adults is already being felt across CIMSPA.

"They have been brilliant. Not only have they helped to shape the CIMSPA strategy, both its vision and mission, they have acted as our advocates and consequently have put CIMSPA in front of a wider and younger audience through social media," says McPhail."

EVERYONE BENEFITS

At active-net 2020, members of the Youth Panel will help operators understand how to engage with Gen Z consumers, who get their information, news and entertainment through their phones or tablets in constantly streamed, bite-sized chunks.

Fraser Ford is a member of the CIMSPA Youth Panel. The 22-year-old is a Community Champion at Southampton FC. Based at one of the largest schools

in the city, with some 1,800 students, Ford works with pupils to engage them in physical activity, whether that's one-on-one or in group sessions.

With a lifelong passion for sport, Ford started volunteering with Southampton FC four years ago when he started university. He applied for a position on the CIMSPA Youth Panel after his tutor made him aware of the opportunity.

"I thought it would be good for me and my career – and it certainly has been," Ford said. "I've enjoyed so many amazing experiences – not many 22-year-olds get to experience these things."

Being on the panel has also been useful for Ford's masters research project, which focused on how CIMSPA works with football foundations. He is looking forward to sharing his experiences and views with active-net delegates, particularly when it comes to communicating with Gen Z. ●



■ The two-day active-net event will feature networking sessions, a panel session and a number of breakout workshops



Strong political will and action can address the fact that four in every five adolescents do not experience benefits of regular physical activity

Dr Fiona Bull



Inactivity epidemic

A wide-ranging study by the World Health Organisation has shown that children's health is being damaged by a 'global epidemic of inactivity'



■ The report charted all forms of activities – from organised sport and exercise to active transport, such as cycling

The World Health Organisation (WHO) has warned that adolescents worldwide are not sufficiently physically active, putting their current and future health at risk.

A WHO-led study, published in *The Lancet Child & Adolescent Health* journal, shows that "urgent action" is needed to increase physical activity levels in girls and boys aged 11 to 17 years.

The study reveals that more than 80 per cent of school-going adolescents globally do not meet current recommendations of at least one hour of physical activity per day – including 85 per cent of girls and 78 per cent of boys.

Of the 146 countries studied for the report, girls were less active than boys in all but four (Tonga, Samoa, Afghanistan and Zambia).

"Urgent policy action to increase



■ Of the 146 countries studied for the report, girls were less active than boys in all but four

Policy makers and stakeholders should be encouraged to act now for the health of this and future young generations

physical activity is needed now, particularly to promote and retain girls' participation in physical activity," said study author Dr Regina Guthold.

To improve levels of physical activity among adolescents, WHO says that "urgent scaling up" is needed of known effective policies and programmes to increase physical activity in adolescents.

It also calls for multisectoral action in order to offer opportunities for young people to be active, involving education, urban planning, road safety and others.

"The highest levels of society, including national, city and local leaders, should promote the importance of physical activity for the health and well-being of all people, including adolescents," the WHO said in a statement.

Dr Fiona Bull, co-author of the study, added: "Strong political will and action can address the fact that

four in every five adolescents do not experience the enjoyment and social, physical, and mental health benefits of regular physical activity.

"Policy makers and stakeholders should be encouraged to act now for the health of this and future young generations."

The WHO report is based on data reported by 1.6 million 11 to 17-year-old students across 146 countries.

The authors estimated how many of the participants did not meet the current WHO recommendation – of an hour of moderate or vigorous physical activity each day – by analysing data collected through school-based surveys on physical activity levels.

The assessment included all types of physical activity, such as time spent in active play, sports, domestic chores, walking, active transportation, physical education and planned exercise. ●



■ Increased screentime is among the biggest 'deactivators' of children in developed economies

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The people in our business are our greatest asset. We have various roles within our clubs from cleaners to personal trainers and general managers.

We also have a focus on developing our business model through franchising. So we are always on the lookout for entrepreneurs that have the passion to establish a business that delivers great returns.

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LONDON

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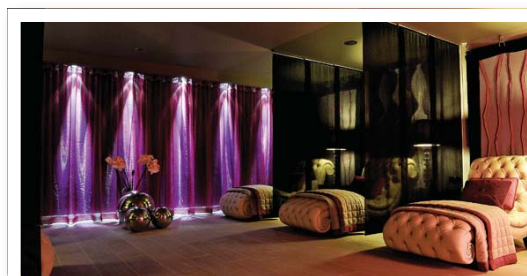
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Hours of work

The post holder will be expected to work such hours as are necessary for the proper performance of their duties and responsibilities. This is a zero hour post.

Place of work

The principal place of work will be the College's premises based at our Moreton Morrell Centre. However, the post holder may be required to work on either a temporary or indefinite basis at any premises at which we may provide services.

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Duties and Responsibilities

1. The post holder will be responsible for ensuring the health and safety procedures are adhered to for the centre by staff, students and customers. It is the responsibility of the post holder to report any health and safety issues to their line manager.
2. To ensure appropriate information, instruction and training is given to staff, students and customers in the use of the sports and fitness facilities and made aware of specific hazards/risks during exercise.
3. To contact necessary first aid staff/senior duty officer in case of an emergency and complete accident / incident report forms. To make sure every action is taken to prevent recurrence.
4. To ensure that the machinery and equipment within the area is properly cleaned, maintained and tested.
5. To take enquiries, sports bookings, and set up various activities.
6. To ensure that the sports and facilities and surrounding service areas are kept clean, tidy and to high presentation standards.
7. To supervise the Sports and fitness facilities at all times and ensure adequate cover is maintained for all areas in use.
8. To organise sports and fitness equipment for commercial classes, sports activities or external bookings and maintain sports storage area to suitable standard.
9. Cash handling and financial paperwork/ till operations associated with bookings and membership fees.
10. Assist the Manager in marketing and promotion of the Sports and Fitness Facilities.
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12. Maintain high standards of customer service at all times. To ensure queries are dealt with in a positive manner and passed on to your line manager. To handle reception duties in person or by phone or email. To wear corporate wear whilst on duty.

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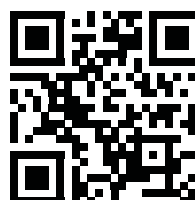
Disability Sports Coach is an award winning charity which creates worthwhile sport and physical activity opportunities that have a positive impact on disabled people's lives. We do this by providing coaching, training, events, and community clubs to mainstream schools, special schools, clubs, charities & other professional organisations. Our work empowers disabled adults and children to enjoy happier, healthier lives by providing life-changing opportunities to enjoy regular sport and physical activity.

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Swimming Teacher

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- Maintaining a safe environment at all times following health and safety guidance
- Supporting environmental systems and promote healthy lifestyles

You will:

- Be a good communicator and have knowledge of current health and safety legislation
- Take pride in your work, are always on time, organised and totally reliable
- Have at least Swim England Level 1 Swimming Teacher qualification, a First Aid certificate is required
- Receive excellent training, career development and the opportunity to work with like-minded people.

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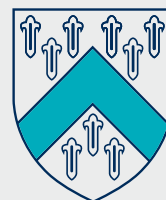
About Active Lifestyle Centres

Active Lifestyle Centres are run and operated by Circadian Trust. Our focus is on health, fitness and fun through activity. We offer state-of-the-art gym equipment and facilities alongside ASA accredited swim programmes, community clubs and leagues, traditional sports and exciting climbing and adventure play.

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Leisure Assistant

Starting in February 2020, we are seeking to recruit full and part-time Leisure Assistants who will provide all visitors to Oundle School Sports Centre with a friendly and positive experience through delivering effective customer service whilst maintaining a safe environment. As a Leisure Assistant, you will be multi-skilled; as a receptionist and lifeguard, responsible for ensuring all the Centre's facilities are clean and prepared for use.

While an NPLQ qualification is essential for this role, as a new position in a new business you will receive extensive training. Leisure Assistants will be encouraged to develop with opportunities leading to other roles including fitness, sports coaching, swimming instructing and duty management.



Oundle School is one of the country's leading co-educational boarding and day schools. The School has 860 boarding and 260 day pupils, with 250 day pupils aged 4 - 11 attending Laxton Junior School.

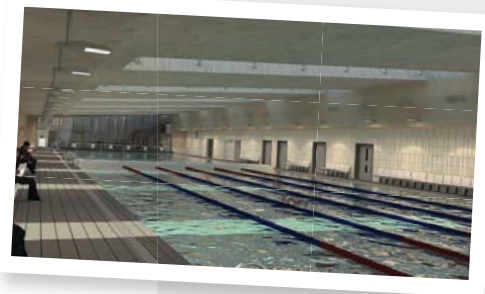
The School is opening a new dual-use sports centre to not only provide new and improved facilities for the School's pupils, but also provide increased access to local residents, sports clubs and schools.

Fitness Instructor

An exciting opportunity exists for customer-focused and motivated professional Fitness Instructors to join our team at our new Sports Centre.

A comprehensive training program starts in February 2020, with the Centre opening later in the Spring. As a qualified Fitness Instructor, you will be the first point of contact and a key individual in the front line delivery of our fitness programme, directly involved in the following:

As an independent centre, we are seeking to recruit confident, motivated and well-organised individuals with a wide variety of communication skills and the ability to deal with people at all levels. The successful applicant must demonstrate their initiative and flare to develop and deliver an engaging fitness programme within the fitness studio. While a REP's Level 2 qualification (or equivalent) is essential for this role, as a new position in a new business you will receive extensive training.



**For more
information
and to apply,
click 'apply
now' or scan
QR code.**