

Pesticides Coupled with Obesity Leads to Diabetes, Says Finnish Study

<http://newstonight.net/content/pesticides-coupled-obesity-leads-diabetes-says-finnish-study>

“According to a research conducted by researchers from the Finnish National Institute for Health and Welfare, if a person is overweight and exposed to certain pesticides like organochlorines and PCB, then he might experience an elevated risk of type 2 diabetes. Lead researcher Riikka Airaksinen said these chemicals get consumed by the people who eat more of fish and dairy products. And, then they get stored in the people’s body fat making him open to develop Type 2 diabetes.”

Starting Young

Might UK operators consider following the European lead and offer a children’s spa facility?

“Looking for ways to increase family memberships? Or retain the ones you already have and get those families to visit more often? Then what about a children’s spa? Before you choke on your tea, this is no crazy idea. Children’s spas could be an excellent way to help your members build fitness into their family routine, and it’s also tapping into the next generation of health club members. It means parents can pop to the gym straight after the school run, don’t have to miss out on daytime workouts in the holidays and the family can visit together at weekends.”

<http://www.health-club.co.uk/digital/index1.cfm?codeid=23323&CFID=28518755&CFTOKEN=69996102>

Receive a complimentary *Health Club Management Digital Subscription*

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Fat, depressed, smoking, gloomy and forty

“Middle-aged Brits are experiencing a mid-life health crisis, according to new research from Bupa, which shows that those aged 45-54 are more likely to be obese, more likely to smoke and more likely to suffer from depression than their peers

around the world. The international Bupa Health Pulse study asked 13,000 people in 12 different countries questions about their health and lifestyles. No other country in the survey - which included Europe, the Americas, the Middle East, Asia and Australasia, showed such a consistent range of unhealthy results for this age group.”

<http://www.privatehealth.co.uk/news/september-2011/obese-depressed-smoking-at-middle-age-35837/>

Are You the Decision Maker for Equipment Purchases? Want to Win a US\$100 Gift Card?

IHRSA and Sports Club Marketing Surveys are conducting a survey on health club equipment in order to help suppliers better understand the needs of club operators. If you meet the following criteria we would love to have you participate:

1. You are the decision maker/buyer of fitness equipment
2. You have access to the number and brand of equipment purchased in 2010

As a thank you for participating, you will receive a copy of the *IHRSA International Health Club Equipment Benchmarking Report: Club Operator edition* and be entered in a drawing to win one of three US\$100 Amazon.com Gift Cards.

Responses are needed by 14 September. All information will be kept confidential.

[Complete the Survey](#)

<http://www.sportsmarketingsurveysusa.com/surveys/ihrsa2011/hc2010new.htm>

What is One Simple Thing a Health Club Operator Can do Today to Improve their Club?

For our 100th *Ask an Industry Leader* post, we're doing something special. Instead of letting our readers ask the question, we're letting the experts set the agenda by asking them the following question: What is one simple thing a health club operator can do today to improve their club?

Download the E-Book:

<http://bit.ly/pRQIPr>

Featured *CBI* Article – HealthCity Ascendant: An Interview with HealthCity CEO Rene Moos

Created by three aggressive entrepreneurs— Rene Moos, Dennis Aarts, and Eric Wilborts— and generously funded by the private-equity firm of Waterland, HealthCity has recently claimed the distinction of being the largest club company in Europe. Over the past two years, it's acquired 102 facilities from Fitness First, giving the Dutch chain a total of 265 locations in seven countries. And that's just for starters: now CEO Moos is shooting for 500!

<http://www.ihrsa.org/cbi/2011/8/29/healthcity-ascendant.html>

The 11th Annual IHRSA European Congress 27-30 October 2011 | Milan, Italy

Don't miss the 2011 IHRSA European Congress, which will be taking place 27-30 October in Milan, Italy.

The educational programming includes presentations on Sales, Social Media, Retention, Low-Cost Gyms, Personal Training, and more!

Plus insider tours of Milan's finest health clubs, the opportunity to meet your colleagues from throughout Europe, and a Supplier Showcase.

To view the complete programme or to register visit www.ihrsa.org/congress or contact intl@ihrsa.org.

Ask an Industry Leader

Leave as is

The Conversation

*The follow discussions are currently taking place on the IHRSA
LinkedIn Group*

Direct Mail

[http://www.linkedin.com/groupItem?view=&srctype=discussedNews
&gid=1034747&item=67244686&type=member&trk=eml-anet_dig-
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Why is it so hard to lose weight?

[http://www.linkedin.com/groupAnswers?viewQuestionAndAnswers=&di
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I59Y9CxXSw4U1](http://www.linkedin.com/groupAnswers?viewQuestionAndAnswers=&discussionID=68956873&gid=1034747&trk=EML_anet_di_pst_ttle&ut=0I59Y9CxXSw4U1)

Are we recruiting non-exercisers to our clubs?

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IHRSA LinkedIn Group

http://www.linkedin.com/groups?gid=1034747&trk=myg_ugrp_ovr