

S IN BRIEF



Cost of activity costs billions

physical activity urge published

Living in the UK are likely to be 10 per cent less active in 2030 than they were in the 1960s – unless current trends of increases in physical activity are reversed.

The warning comes from Public Health England (PHE), in the latest edition of its *Health matters: every adult active every day* resource document – a resource created for health professionals and local authorities looking to encourage more people to be physically active.

For guidance, PHE calls for coordinated efforts to promote physical activity as an integral part of a healthy lifestyle.

Lack of physical activity is costing the UK an estimated £1.5bn a year, including £0.9bn to the NHS alone, the report says. Encouraging inactive people (those with less than 30 minutes per week) to become more active could prevent one in ten cases of stroke and heart disease in the UK and one death from any cause.

Among the report's recommendations is the urge to "normalise" physical activity, as people are more likely to be active if their friends and peers are also part regularly.



▲ Ken Skates said that improved sports facilities would allow Wales to host more events

Wales Commonwealth bid scrapped

The Welsh government is drawing up plans to build more elite sports facilities despite conceding defeat in its bid to host the 2026 Commonwealth Games.

While delivering the "disappointing" news about the Games, economy and infrastructure secretary Ken Skates fired the starting gun on a wide-ranging review of the nation's sporting infrastructure with a "view to increasing our spread of world-class venues".

"Such venues would benefit the local community and the elite athlete, while

also increasing our capacity to host major events," said the Labour minister.

Skates said that despite in-depth feasibility work undertaken to scope out the viability of the Games, its cost – which the government said would have been between £1.32bn (US\$1.73bn, €1.58bn) and £1.54bn (US\$2bn, €1.84bn) – was too much of a financial commitment, particularly in light of Britain leaving the European Union.

However, Skates' concerns were queried by secretary of state for Wales, Alun Cairns, who said that despite uncertainties surrounding Brexit the economic benefits of hosting the Commonwealth Games were "vast".

"Now is the time to pursue the large economic prizes for Wales," he said.

Read more: <http://lei.sr?a=Y0B5C>

"Such venues would benefit the local community and increase capacity to host major events"

Link between female career progression and sport studied

Women in Sport has received backing from Investec to publish a report examining the role sport plays in

progressing the careers of female professionals. *Sport for Success* will look at the skills and qualities women

can develop playing sport which can lead to opportunities at work. Read more: <http://lei.sr?a=g0D2v>



Collinson

Raising the Bar

with creative sport spaces



- Choose from a range of structures
- Full Design and Build service
- Multi use or Sport specific
- Cost efficient, sustainable space
- Options on ventilation, heating and insulation
- Create a sports space complete with ancillary accommodation