

# HEALTH & FITNESS INDUSTRY GUIDE

Updated 21<sup>st</sup> February 2011



This guide covers 'health and fitness' and includes gyms, complimentary/alternative health, nutrition, health clubs, etc. The sports aspect of health and fitness is covered in the separate:  
*Sports Industry Guide*

## Directories

**The CAM Directory 2011** (Target Publishing Ltd) [(B) DIR 615.5 BUS]

A guide to complementary health in the UK with listings of companies, products & services, trade names and other useful addresses.

**Health Club Management Handbook 2010** (The Leisure Media Company Limited)

[(B) DIR 796.069 BUS]

Guide to the health & fitness industry with a Who's Who in the sector and an A-Z listing of companies & suppliers in the sector.

**Leisure 2010** (Excel Publishing Company Ltd) [(B) DIR 338.761725802541 BUS]

Listing of Architectural practices specialising in sports and leisure sector construction and development projects.

**The Natural Trade Directory 2010** (Target Publishing Limited) [(B) DIR 641.30202541 BUS]

Buyer's guide for the natural & organic trade industry with listings of companies, products & services, trade names and other useful addresses.

**SGB: Sports and Outdoor: Guide To The Trade 2009-10 2010** (Datateam Publishing Ltd)

[(B) DIR 338.476887 BUS]

Sports industry directory of sport and outdoor retailers. Information on agents, trade associations, trade show dates, and a company index is included.

**Britsport 2009** (Sport Business Group Limited) [(B) DIR 796.02941 BUS]

The sports industry's directory of contact information for suppliers in the UK; listings and contact information are available for TV sports production and sports branding companies, suppliers of sports equipment and a vast array of other service providers to the sports industry.

**Whos Who In Healthcare 2008-09 2008** (HealthInvestor) [(B) DIR 362.1025941 BUS]

Guide to the leading healthcare professionals in the UK, plus a full listing of NHS foundations, acute, mental health, ambulance and primary care trusts.

**Register of Homeopaths 2008** (The Society of Homeopaths) [(B) DIR 615.53202541 BUS]

Contact details of qualified and experienced homeopaths alphabetically and regionally.

**SGB Outdoor: The Trade Magazine 2008** (Datateam Publishing Ltd) [(B) DIR 338.7687 BUS]

Directory of manufacturers and distributors of travel and outdoor wear; buyers guide to products; brand names index; trade show dates; outdoor industries association.

**The Organic Directory 2006** (Green Books) [(B) DIR 641.302 BUS]

Provides names, addresses phone numbers, email addresses and websites of retailers, producers, wholesalers and manufacturers of organic goods in the U.K.

Other specialist directories are available in many related areas such as Formula 1, Equestrian sports, Boating & Yachting etc.

## Market Research & Statistics

**The Dietary Supplements And Regulatory Market Outlook 2011** (Business Insights) [Available online in the Business and IP Centre]

Reports on sales, NPD, regulations and consumer attitudes to health and dietary supplements in the European and US markets. Identifies future trends and developments.

**The International Movement Of Health Trends In Food And Drink 2011** (Business Insights) [Available online in the Business and IP Centre]

Covers the global market, identifying trends, developments, and future predictions in several key areas such as natural products, weight management, probiotic, GMO free, energy, senior and heart health.

**Nutrition Research Alerts 2011** (Frost & Sullivan) [Available online in the Business and IP Centre]

Frequent detailed updates on specific Nutraceuticals, health supplements, nutritional changes etc.

**Targeted Botanical And Herbal Food And Drinks In Europe 2011** (Business Insights) [Available online in the Business and IP Centre]

Examines the emerging market of botanical and herb-based food and drinks in Europe. Covers the impact of new rules regulating a growing number of products with specific health claims. Gives info on 53 botanical and herbs eg. Acai, fennel, green tea, kelp, oregano, valerian, yucca etc.

**An ounce of prevention: Preventing illness through healthy living 2010** (Mintel) [(B) MKT 338.47613 BUS]

Discusses the factors affecting health in the UK such as consumers' attitudes (good health = beauty), motivation, the Internet, government initiatives, information overload etc. Also covers diet, exercise, smoking & alcohol, etc.

**Alternative Healthcare 2010** (Key Note) [(B) MKT 338.476155 BUS]

Covers alternative therapies such as acupuncture, the Alexander Technique, aromatherapy, chiropractic, physiotherapy, osteopathy, reflexology etc. Also covers the product-based segments of herbal medicine and homeopathy.

**Consumer Health – UK April 2010** (Euromonitor) [Available online in the Business and IP Centre]  
Covers trends, developments and future prospects within the UK market.

**The Fitness and Leisure Industry 2010** (Key Note: Business Ratio report) [(B) MKT 338.76161371 BUS]  
Covers UK companies active in the fitness and leisure industry. Gives stats and financials.

**Fruit Juices and Health Drinks 2010** (Key Note) [(B) MKT 338.47663630941 BUS]  
Covers fruit juice, fruit drinks and health drinks. Includes an industry background, SWOT analysis, current issues, company profiles and forecasts.

**Fruit/Vegetable Juice-UK 2010** (Euromonitor) [Available online in the Business and IP Centre]  
Sales statistics, trends and prospects for the UK market. With an overview of key market players.

**Functional Drinks – UK April 2010** (Euromonitor) [Available online in the Business and IP Centre]  
Overview of key trends and developments in the UK. With information on key players and future developments.

**Functional Foods 2010** (Key Note) [Available online in the Business and IP Centre]  
Market report on Functional foods; defined as foods with particular health-promoting benefits or disease-prevention properties eg probiotic yoghurts, cholesterol-lowering margarines, fortified cereals and breads, etc.

**Future Directions For Functional Foods 2010** (Leatherhead Food Research) [(B) MKT 338.476132 BUS]  
Assessment of current and future global market trends, key sectors, latest product launches, industry views of future prospects and forecasts.

**The Future Of Targeted Functional And Wellbeing Foods And Drinks 2010** (Business Insights) [Available online in the Business and IP Centre]  
Report covering trends, developments and future prospects in the functional food/nutraceutical market. Highlights products related to bone/joint, brain/mental, digestive, heart, skin health etc.

**The Future Of The Weight Management Market 2010** (Leatherhead Food Research) [(B) MKT 338.476132 BUS]  
Assessment of current and future global market trends, latest product launches, potential ingredients and their properties plus future prospects and forecasts.

**Future Trends And Growth Opportunities In Vitamins And Minerals 2010** (Business Insights) [Available online in the Business and IP Centre]  
Covers consumer demographics, buying behaviour and market drivers, regulations, market analysis, applications within food and drink, future trends and strategies.

**Growth Opportunities In Sustainable And Positive Health Food And Drinks 2010** (Business Insights) [Available online in the Business and IP Centre]  
Gives a market overview of products that can provide functional solutions to health needs. Covers consumer, company and regulatory dynamics and includes new innovations and future prospects.

**Health and Beauty Retail in Europe: Market Size, Retailer Strategies and Competitor Performance 2010** (Verdict) [Available online in the Business and IP Centre]  
Assessment of the health & beauty sector in Europe including market value, retailer sales and operational performance data plus an insight into company strategies in areas including private label development, instore services and e-retail.

**Health Clubs and Leisure Centres 2010** (Key Note) [(B) MKT 338.477960941 BUS]

Examines the UK market for private sector health centres and local authority (public) leisure centres. Concentrates on keep fit and sporting activities rather than weight loss and ill-health programmes.

**Herbal/Traditional Products-UK 2010** (Euromonitor) [Available online in the Business and IP Centre]

Sales statistics, trends and prospects for the UK market. With an overview of key market players.

**Innovations In Mood And Mind Health Food And Drinks 2010** (Business Insights) [Available online in the Business and IP Centre]

Covers drivers, NPD and global trends within this emerging market for nutritional products to boost mental health, improve cognitive function and elevate mood.

**Key Trends And Innovations In Nutraceutical Soft Drinks 2010** (Business Insights) [Available online in the Business and IP Centre]

Gives market and innovation overviews including performance and functional drink trends. Also covers beauty and weight management in relation to Nutraceutical soft drinks.

**Next Generation Energy Food And Drinks 2010** (Business Insights) [Available online in the Business and IP Centre]

Assesses the global market for energy food and drinks covering consumer demographics, NPD, regulations and marketing plus success strategies.

**NPD in Kids' Nutrition May 2010** (Business Insights) [Available online in the Business and IP Centre]

Covers New Product Developments regarding consumer behaviour & demographics, regulatory & advertising restrictions, market size & growth, plus product trends and opportunities within the food and beverage market.

**Organic Food and Drink 2010** (Key Note) [(B) MKT 338.476413020941 BUS]

Follows the effects of various issues on the market for organic food and drink. Covers market size, consumer dynamics, company profiles, PEST analysis etc. Includes market forecasts.

**Slimming Products - UK 2010** (Euromonitor) [Available online in the Business and IP Centre]

Sales statistics, trends and prospects for the UK market. With an overview of key market players.

**Snack Foods 2010** (Key Note) [(B) MKT 338.476646 BUS]

Covers crisps, savoury snacks, nuts and baked snacks especially in relation to the new trends in 'healthier' products particularly reduced sodium and saturated fat foods due to consumer concerns. Includes market size, brand strategy, SWOT analysis, buying behaviour, company profiles, company financials, and forecasts.

**Sports Nutrition - UK 2010** (Euromonitor) [Available online in the Business and IP Centre]

Sales statistics, trends and prospects for the UK market. With an overview of key market players.

**UK Health and Beauty Retailers 2010** (Verdict) [(B) MKT 381.4564670941 BUS]

Explores the market and the factors affecting the key players and includes future forecasts.

**Vitamins & Dietary Supplements April 2010** (Euromonitor) [Available online in the Business and IP Centre]

A brief overview of the UK market trends, headlines, competitors, prospects and product development. (Equivalent Global market report also available).

**The Woman's Health Market Outlook To 2015** (Business Insights) 2010 [Available online in the Business and IP Centre]

Report giving a global overview of the women's health market covering epidemiology, NPD, and the major market competitors.

**Antioxidants 2009** (Leatherhead Food Research) [(B) MKT 338.476618 BUS]

Covers the market size, trends, drivers and future prospects for the global market. Reports on attributes for health and in food preservation with a section on foods and products rich in antioxidants.

**Diet Foods 2009** (Key Note) [(B) MKT 613.20941 BUS]

Market report covering the background to diet programmes and the Glycaemic Index. Includes 'meal-replacement' and low-calorie products plus the emergence in 'healthier' versions of traditional foods. Does not include medical-related markets for slimming tablets or appetite suppressants.

**Fruit and Vegetables 2009** (Key Note) [(B) MKT 338.1740941 BUS]

Covers the market for fresh vegetables & fruit. Excludes processed foods such as canned, frozen or dried products. Includes market information, buying behaviour, key company profiles, current and future issues and includes a global overview of the industry.

**The Market For Anti-Aging Foods 2009** (Leatherhead Food Research) [(B) MKT 338.476132 BUS]

International assessment of the market covering latest developments, future prospects, market sizes and trends, product launches, international regulations, medical evidence and scientific developments.

**NPD in Preventive Health Aug 2009** (Business Insights) [Available online in the Business and IP Centre]

Covers trends and factors that have affected New Product Development in overall health products and also site specific products for bones, cardiac, digestive systems etc. Gives a brief overview of key players and future prospects.

**Obesity : Special Report 2009** (Mintel) [(B) MKT 362.196398 BUS]

Examines key market issues, future developments & solutions, health issues, social & economic changes etc.

**Switching To Natural Food And Drinks Ingredients 2009** (Business Insights) [Available online in the Business and IP Centre]

Covers global trends, innovation and NPD in the market for natural food and drinks ingredients. Includes future developments and prospective key ingredients.

**Taking care of yourself - Winter edition [special Report] Feb 2009** (Mintel) [(B) MKT 338.476137 BUS]

1 of 2. Tracking study following a group of respondents who wished to change an aspect of their health. Provides a background and introduction to the full report published in August.

**Taking care of yourself - Summer edition [Special report] Aug 2009** (Mintel) [(B) MKT 338.476137 BUS]

2 of 2. Follow-up to the Winter edition. Analysis of motivation, attitudes, encouragement plus preferred exercise regimes, eating habits and sources of temptation. Why did some succeed and others fail?

**The Slimming Market 2009** (Key Note) [(B) MKT 338.4761325094105 BUS]

Covers reduced fat and reduced sugar (RFRS) foods, slimming products such as meal replacements, appetite suppressants etc, exercise & fitness, slimming clubs & magazines. Consumer dynamics, company profiles, future trends & industry predictions are also included.

**Vegetarian Foods 2009** (Key Note) [(B) MKT 338.4766400941 BUS]

Covers recent trends and factors affecting the vegetarian market including health, advertising, key company profiles, current and future issues.

**Vitamins, minerals & supplements 2009** (Key Note) [(B) MKT 338.476132 BUS]

Gives an overview and analysis of the market with consumer dynamics, company profiles, current and future trends. Includes an industry PEST analysis

**Does Health and Health Driven Innovation Offer The Only Route to Future Profitability in The Food Market? [Special Report] 2008** (Mintel) [(B) MKT 338.47641300941 BUS]

Investigates key developments affecting the UK food industry focussing on current trends.

**Emerging Opportunities in Fruit and Vegetable Juices Nov 2008** (Business Insights) [Available online in the Business and IP Centre]

Covers trends, growth opportunities, innovation and product development within the juices market.

**Functional Food, Drinks & Ingredients : Consumer Attitudes and Trends 2008** (Datamonitor) [(B) MKT 658.834 BUS]

Exploring the drivers and inhibitors of functional food and drink consumption in Europe, North America and Asia. Maintaining everyday health vs optimising performance and reducing & delaying the onset of disease through the consumption of functional foods etc.

**Future Ingredient Trends in Food and Drinks April 2008** (Business Insights) [Available online in the Business and IP Centre]

Covers natural & organic foods/superfoods/ingredients and their impact on health from the perspective of overall wellness, beauty, weight control etc. Considers safety, sustainability, legislation and the global economy impact on the markets. The report is split into trend specific sections and within each chapter it analyzes the current market drivers, key trends and potential future ingredients.

**Innovation In Sports And Energy Food And Drinks 2008** (Business Insights) [Available online in the Business and IP Centre]

Covers market overview and dynamics, innovation and NPD, and future growth prospects.

**Healthy Eating 2008** (Key Note) [(B) MKT 338.45641302941 BUS]

Looks at overall developments in healthy eating. Concentrates on consumer attitudes and gives detailed views on the three product sectors: Organic food, functional food, low fat / reduced sugar foods.

**Healthy Lifestyles [Special Report] 2008** (Mintel) [(B) MKT 338.47613 BUS]

Overview of barriers to healthy lifestyles and how they can be overcome. Covers many areas such as cost, time constraints, apathy, education etc.

**Innovation in Healthy Snacks Jan 2008** (Business Insights) [Available online in the Business and IP Centre]

Factors, innovations and trends in the market for healthy snacks.

**Nutraceuticals 2008** (Key Note) [(B) MKT 338.4764126 BUS]

Covers the market for: functional foods; vitamins; minerals; supplements. Excludes herbal or homeopathic remedies which are classified as alternative medicines. Gives company profiles.

**Opportunities in Nutritional and Functional Daily Dosing May 2008** (Business Insights) [Available online in the Business and IP Centre]

Covers market drivers and issues, future functional and marketing trends. Summary of new dosing products and includes a comprehensive review of the world market.

**Promoting Immune Health and Vitality May 2008** (Business Insights) [Available online in the Business and IP Centre]

Innovations and key market trends, SWOT and future developments worldwide.

## Small Business Help / Business Start-Up Information

### COBRA: Complete Reference Advisor

Fact sheets for small businesses in PDF format – available online via electronic resources

#### Business Opportunity Profiles:

Sports Coach	OCT 2009	BOP453
Physiotherapist	SEP 2008	BOP161
Sports Club	MAR 2010	BOP499
Health Food and Supplements Retailer	OCT 2009	BOP011
Dietitian	NOV 2009	BOP555
Personal Fitness Trainer	AUG 2009	BOP379
Yoga and Pilates Instructor	JUL 2009	BOP356
Gym	OCT 2009	BOP004
Slimming and Diet Coach	MAY 2009	BOP341
Nutritional Therapist	OCT 2009	BOP395
Massage Therapist	OCT 2008	BOP443

#### UK Market Synopsis:

Organic Produce	JUN 2010	SYN077
Complementary Therapy	DEC 2008	SYN044

#### Sources of Business Information / Contacts:

Federation of Holistic Therapists	Aug 2007	SOU243
Fitness Industry Association	Aug 2007	SOU324
International Therapy Examination Council	Aug 2007	SOU242
Federation of Sports and Play Associations	Jul 2007	SOU 226

#### Small Business Help Section

Open access books in the Business & Intellectual Property Centre

**Marketing Tips For Complementary Therapists** by Steven A. Harold (How To Books, 2005) [(B) SBH 615.50688 BUS / YK.2007.a.3660]

101 practical methods to attract and retain clients.

**Money Matters For Therapists** by Robert Tyler (Worth Publishing, 2003) [(B) SBH 616.891400681 BUS / YK.2006.a.3060]

Financial guide for self-employed therapists and counsellors.

**Salon Management by Martin Green** (Thomson Learning, 2001) [(B) SBH 646.72068 BUS]

Information on setting up and running a salon – includes business plans, legal issues, marketing, etc.

**Setting Up And Running A Complementary Health Practice** by Patricia Bishop (How To Books, 2004) [(B) SBH 615.5068 BUS]

Information on setting up and running a complementary health practice.

**The Life Coaching Handbook by Curly Martin** (Crown House Publishing Ltd, 2005) [(B) SBH 158.9 BUS]

Information on becoming a Life-Coach with guidance on creating and sustaining a successful coaching practice.

**The Spa Book** by Jane Crebbin-Bailey, Dr John Harcup and John Harrington (Thomson Learning, 2005) [(B) SBH 646.704 BUS / YK.2007.b.313 ]

Comprehensive look at the industry including chapters on history, health and safety, spa therapies etc.

## Trade Magazines and Newsletters

**Beverage innovation** (Zenith International Ltd) [(P) 338.47663605 -E(1) BUS]

Company & product news: regional news & profiles, new products & brands. Includes: fruit juices, organics, energy & sports drinks, ice tea, packaging, bottling, ingredients, sweeteners, machinery & equipment.

**CAM : the magazine for practitioners of complementary medicine** (Target Publishing Ltd) [(P) GQ 00 -E(13)]

Covers: news of the alternative health & medicines business, herbal remedies, natural & holistic therapies, detox, nutrition, functional foods, naturopathy, exercise, psychotherapy, vitamins, clinics. Includes product & service directory. Website: [www.cam-mag.com](http://www.cam-mag.com)

**Club Mirror** (Quantum Business Media) [P.805/501 Humanities]

For owners & managers of social clubs, nightclubs, sports, snooker, health & fitness clubs, comedy & entertainment venues. Includes news & features, new products, the law, gaming machines, furniture & design, large screen television, product & service directory.

**Guild news** (Guild Press Ltd) [(P) 646.72068 -E(1) BUS]

Monthly journal aimed at the beauty, nail and spa markets with news, latest developments and case studies. Reviews and comparisons of latest products plus salon management techniques etc.

**Health & Beauty Salon** (Reed Business Information) [P.513/2666 Humanities]

Covers: beauty salons & treatments, tanning, health & fitness clubs, spas, saunas, massage, new product reviews, company & industry news, equipment.

**Health Club Management** (Leisure Media Company Ltd, monthly) [ZK.9.b.8887 Humanities]

News, features, analysis & new products. Includes: health clubs, gyms, fitness equipment, spas, health farms, company & club chain profiles, beauty salons & treatments, property, management, marketing, training.

**Health & Fitness** (Hubert Burda Media UK) [ZK.9.b.7309 Humanities]

Covers the women's health and fitness industry with the latest nutritional and exercise developments. Includes workout routines for weight loss and toning and spotlights different specialist areas each month. Also reviews recent health and fitness (and some beauty) products.

<http://www.healthandfitnessonline.co.uk/>

**Leisure Management** (Leisure Media Company Ltd.) [P.525/452 Humanities]

News for managers of visitor attractions, theme parks, sports & leisure centres, nightclubs, hotels, stadia, venues etc. Includes: property, interior design, new developments, fitness & play equipment, travel etc. Website: [www.leisuremanagement.co.uk](http://www.leisuremanagement.co.uk)

**Leisure Report** (Centaur Publishing Ltd) [(P) AK 40 -E(16)]

Formerly Leisureweek & then Leisure & Hospitality Business. Newsletter with company & market news. Includes spas, casinos, theme parks, health clubs, tourism, gaming, bingo, sport, football clubs, management & developments 7 interviews. Includes stock market index.

**Men's fitness** (Dennis Publishing Ltd) [ZK.9.b.15757 Humanities]

Latest developments in exercise, nutrition and products to help build muscle, lose fat and improve performance. Includes many articles concentrating on specific muscle groups and exercises and covers nutrition for growth, recuperation and repair. Workout routines are included.

[www.mensfitness.co.uk](http://www.mensfitness.co.uk)

**Men's Health** (NatMag-Rodale Ltd) [ZK.9.b.18555 Humanities]

Latest scientific, nutritional and exercise developments to build muscle and increase health. Includes workout routines for specific muscle groups plus articles on recuperative factors. Includes some 'men's lifestyle' articles covering style, fashion, technology etc.

<http://www.menshealth.co.uk/>

**Nutraceuticals International** (Marketletter (Publ.) Ltd) [(P) HN 65 -E(2)]

Global product & company news on nutraceuticals, nutritional supplements, dietary aids, functional foods, research, regulations, herbal remedies, complementary medicine, vitamins, minerals etc.

**Recreation** (Inst Sport & Recreation Management, monthly) [(P) WJ 63 -E(3)]

Suppliers and equipment for health clubs, playgrounds, swimming pools, hydrotherapy

**Salon : the business magazine for beauty and health professionals** (Beauty & Health Publishing) [(P) LX 50 -E(13)]

News for managers & owners of beauty businesses, health & fitness clubs etc. Includes equipment, cosmetics, tanning, exercise, slimming products, electrolysis, alternative therapies, hair, tattooing etc.

**SGB UK** (Datateam Publishing Ltd) [(P) AK83 -E(19)]

Sporting Goods Business – Covers sports equipment & clothing, fitness equipment, sponsorship, sports footwear etc.

**Time Out London. Health & Fitness** (Time Out) [ZK.9.a.9942 Humanities]

Covers spas, gyms, specialist exercise classes, sports, clubs and contacts within London. Includes exercise trends, workout tips and city retreats.

<http://www.timeout.com/london/sport/>

**Women's fitness** (Vitality Publishing Ltd) [ZK.9.b.19918 Humanities]

Covers general health with specific exercises and routines to improve health, burn fat and improve performance with case studies. Includes articles on nutrition and beauty.

[www.womensfitness.co.uk](http://www.womensfitness.co.uk)

## Internet Sources

The UK's various sports development agencies promote the benefits of sport and deliver the Government's sporting objectives, as well as providing links to the National Governing Body (NGB) of each sport.

**Sport England** [www.sportengland.org](http://www.sportengland.org)

**Sport Scotland** [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

**The Sports Council for Wales** <http://www.sportwales.org.uk/>

**The Sports Council for Northern Ireland** <http://www.sportni.net/>

### Fitness Industry Association

Trade association for the health and fitness industry. It promotes a code of practice for the industry.

[www.fia.org.uk](http://www.fia.org.uk)

### The Register of Exercise Professionals

A professional register of exercise and fitness trainers, coaches and instructors.

[www.exerciseregister.org](http://www.exerciseregister.org)

### The National Register of Personal Trainers

An online directory of qualified personal trainers.

[www.nrpt.co.uk](http://www.nrpt.co.uk)

**The Department of Health (DH)**

Provides the latest Government information on health and fitness, and aims to improve the overall wellbeing of the British public.

[www.dh.gov.uk](http://www.dh.gov.uk)

**The Food Standards Agency (FSA)** is an independent food safety watchdog set up to protect the public's health and consumer interests in relation to food.

[www.food.gov.uk](http://www.food.gov.uk)

[www.food.gov.uk/scotland](http://www.food.gov.uk/scotland)

[www.food.gov.uk/wales](http://www.food.gov.uk/wales)

[www.food.gov.uk/northernireland](http://www.food.gov.uk/northernireland)

**The British Association of Sport and Exercise Sciences**

Professional association for people interested in exercise and sports science, such as biomechanics, physiology and psychology.

[www.bases.org.uk/](http://www.bases.org.uk/)

**The Institute for Sport, Parks and Leisure**

The professional body for leisure managers.

[www.ispal.org.uk](http://www.ispal.org.uk)

**The Institute of Sport and Recreation Management**

The professional body for sport and recreation management.

[www.isrm.co.uk](http://www.isrm.co.uk)

**Sports Coach UK**

Guides and implements a coaching strategy for the UK, and offers information about National Governing Bodies and the National Coaching Certificate.

[www.sportscoachuk.org](http://www.sportscoachuk.org)

**The Federation of Sports and Play Associations**

The national trade body representing the UK's sporting goods and play industries.

<http://www.sportsandplay.com/>

**The British Dietetic Association (BDA)**

Professional association for dietitians. It provides training and a range of publications.

[www.bda.uk.com](http://www.bda.uk.com)

**The British Nutrition Foundation (BNF)**

Provides information on healthy eating for schools and the general public.

[www.nutrition.org.uk](http://www.nutrition.org.uk)

**The Nutritional Therapy Council (NTC)**

Self-regulatory body and publishes a national register of nutritional therapists. It aims to promote and raise professional standards in nutritional therapy.

[www.nutritionaltherapycouncil.org.uk](http://www.nutritionaltherapycouncil.org.uk)

**Nutri People**

Database of qualified nutritional health practitioners, dietitians, nutritionists and nutritional therapists.

[www.nutripeople.co.uk](http://www.nutripeople.co.uk)

**The Research Council for Complementary Medicine**

Studies evidence for the efficacy of complementary therapies, and provides information and guidance for practitioners and patients.

[www.rccm.org.uk](http://www.rccm.org.uk)

**The British Complementary Medicine Association**

Founded to support and protect both therapists and clients.

[www.bcma.co.uk](http://www.bcma.co.uk)

**The Institute of Complementary Medicine**

Administers the British Register of Complementary Practitioners, and provides the public with information on complementary medicine.

[www.i-c-m.org.uk](http://www.i-c-m.org.uk)

**The Federation of Holistic Therapists**

A guide to available treatments, links to reputable practitioners and a number of articles on complementary therapy and its benefits.

[www.fht.org.uk](http://www.fht.org.uk)

**The Association of Physical and Natural Therapists**

Represents trained, professional therapists in disciplines including massage, reflexology and acupressure.

[www.apnt.org](http://www.apnt.org)

**The Homeopathic Medical Association**

Represents qualified professional homeopaths and promotes homeopathy and homeopathic education.

[www.the-hma.org](http://www.the-hma.org)

**The International Register of Consultant Herbalists and Homoeopaths**

Exists to promote skilled, ethical and professional care among herbal practitioners.

[www.irch.org](http://www.irch.org)

**The Register of Chinese Herbal Medicine**

A directory of registered Chinese Medicine practitioners.

[www.rchm.co.uk](http://www.rchm.co.uk)

**The General Council for Massage Therapy**

Aims to regulate standards of training and professional practice for massage therapists.

[www.gcmt.org.uk/](http://www.gcmt.org.uk/)

Note: Every effort has been taken to ensure the accuracy of the information contained in this document, however some recently acquired items may since have been added to the collection. Please ask for help at the enquiry desk or check the Business Information Catalogue for more details.



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