



League Managers Association signs partnership with Perform at St George's Park

New 'Fit to Perform' test for LMA members

9 January, 2012: Burton-on-Trent:

The League Managers Association (LMA) and Perform at St George's Park have today announced a new partnership to deliver a cutting edge fitness and wellbeing programme to LMA members. The partnership will provide current and former league football managers with the opportunity to undergo an innovative performance and lifestyle assessment at the Perform at St George's Park facility.

The stunning new Perform venue, situated at the heart of The Football Association's (FA) National Football Centre at St George's Park, combines 25,000 square feet of cutting edge technology with medical expertise to create the most advanced sports medicine, rehabilitation, performance science and training centre in the UK. Equipment includes an altitude chamber, an anti-gravity treadmill, video performance analysis and a state-of-the-art hydrotherapy suite. Perform also provides treatment and recovery programmes for Club England and all 24 representative teams.

The new test, called 'Fit to Perform', will see participants assessed on a variety of factors that affect their lifestyle and performance, including dietary and exercise habits and cardiovascular measurements, as well as undergoing a revolutionary 72 hour stress, sleep and lifestyle assessment.

The 'Fit to Perform' test builds on the long established LMA 'Fit to Manage' programme run in conjunction with Wellness International at adidas headquarters in Stockport and the Reebok Centre at Canary Wharf. The Premier League has been a fervent supporter of health and wellbeing programmes for managers since the LMA first introduced the assessments in 2005.

Richard Bevan, Chief Executive of the LMA commented: "One of our key objectives within the LMA is to deliver and grow the range and quality of support services for our members and with this agreement, we can offer them access to the latest state of the art facilities and performance experts."

"It is universally recognised that a manager's role is a highly demanding one – both emotionally and physically. This test will identify any areas for concern early enough for simple treatment or lifestyle modification, to ensure our members can continue to perform at their best. With the LMA's new home at St George's Park, this partnership allows us to

work closely with Perform to deliver a highly personalised and efficient service to LMA members.”

Perform is part of Spire Healthcare, a leading provider of private healthcare, with 38 private hospitals throughout the UK. One of the longer term aims of the partnership is for LMA members to be able to undergo the ‘Fit to Perform’ assessment at their local Spire hospital anywhere in the UK.

Rob Roger, Chief Executive of Spire Healthcare said: “Spire Healthcare is delighted that this exciting new partnership between Perform and the LMA has taken shape. Our team is committed to providing world class human performance services to visitors to St George’s Park and we have designed this programme to help football managers achieve their full potential. We look forward to growing the partnership over the coming years by offering the same service to LMA members through our network of 38 Spire hospitals around the UK.”

ENDS

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About the League Managers Association (LMA):

The LMA is the collective, representative voice of all Barclays Premier League, npower Championship and npower Leagues 1 and 2 managers.

For more information about the LMA please visit www.leaguemanagers.com

For further information please contact:

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About Perform at St George’s Park

Perform is the official healthcare provider for St. George’s Park. Perform is a brand created by Spire Healthcare (a leading network of 38 private hospitals across the UK) to enable everyone access to elite sports medicine and human performance services and technologies to help them reach peak performance in their daily lives.

Perform at St. George’s Park is home to top-class clinicians and state-of-the-art equipment and aims to become an internationally-renowned centre of excellence for sports and exercise medicine, performance science, injury rehabilitation and strength and conditioning. Perform will understandably have football at its heart but it can help everyone to maximise their performance; from elite athletes to the local community or corporate organisations through their Perform for Sport; Perform for Life; Perform for Work packages.

www.spireperform.com

About Spire Healthcare

Spire Healthcare is a leading provider of private healthcare, with 38 private hospitals throughout the UK. The company is built on a proud heritage of over 25 years experience of running successful private hospitals. The company was formed from the sale of BUPA Hospitals to Cinven in 2007, followed by the purchase of Classic Hospitals and Thames Valley Hospital in 2008. The company employs over 7,600 people nationwide and treats over 930,000 patients per year.

www.spirehealthcare.com

About St George's Park

St. George's Park is The FA's £100m development in Burton-upon-Trent, England, which is the national centre for coach education. A multi-sports facility, it acts as home for Club England and its 24 representative teams. The centre is also home to FA Learning and the League Managers' Association. For more information about St. George's Park, visit:

www.TheFA.com/sgp