

Numbers of those using gyms in Edinburgh growing

Gordon Macdonald MSP has welcomed the fact that those using gyms in Edinburgh has grown by 70% since 2007, and 10% in the last three years.



Gordon Macdonald MSP

Since the 2014 Commonwealth Games there has been an overall increase of 36% in the numbers using public fitness facilities across the country, according to membership figures provided by gym providers across 22 Scottish local authorities.

Mr Macdonald who is MSP for Edinburgh Pentlands noted the figures sourced from a Freedom of Information request and said : “It is fantastic that Edinburgh Leisure has seen an increase in its membership since 2007 and a 10% increase since we hosted the 2014 Commonwealth Games.

“This rise in gym goers in Edinburgh is testament to the SNP Government’s commitment to investing at a school, community and national level to create a Scotland where people are more active more often.

“The SNP’s increasing investment not only in sport and fitness, but also in areas such as nursery education and childcare are helping to break down the barriers that prevent many people from increasing their levels of physical activity.

“As the country takes steps towards becoming the world’s first Daily Mile nation, and as we approach the Gold Coast Commonwealth Games as well as the Glasgow 2018 European Championships – I hope we can continue to inspire more Scots to make fitness a priority in 2018.”

More about the Scottish Government’s policy Active Scotland Outcomes Framework is [here](#).