

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
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SUSPAC had its last meeting of the year on Thursday 15th May at the University of the West of Scotland. We were hosted by Siobhan Wilson at the Paisley Students Association.

The meeting updated on a number of issues and the following points represent the primary items of business:

- **Newsletter** - The latest edition of the SUSPAC newsletter will be printed in time for the SUS conference and will go in delegate packs as per last year.
- **Flyers/Good Practice Guides** - Committee members continue to produce flyers on useful topics and these are also available for download from the SUS website. The latest ones are on Strength Training for Children, 5 Myths of Strength Training, Using Heart Rate Monitors, and Physical Activity and Mental Health.
- **Thanks** - Juliet thanked the committee, Jacqui (and Stew who worked with the committee in its early days!) for all their work over the last 3 years and reflected on the progress that had been made. Alan then returned the thanks on behalf of the committee.
- **Looking Ahead** - it was re-emphasised that committee members should be considering their own position and also encouraging others to come forward to be part of SUSPAC's work. Jacqui distributed copies of the job descriptions that have been prepared which clarify what is expected of each member and we all agreed that these were helpful.
- The afternoon was given over to planning the Active Age Festival. It was agreed that the new committee members should meet asap after the AGM to finalise the festival and prepare invitations.

Key dates to note:

- Active Age Festival, Aberdeen University - Thursday 28th August

SUS Executive is asked to consider the following:

Item
None at Present