

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
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SUSPAC had its first meeting of the year on Thursday 24th July at the University of Aberdeen. We were hosted by Jackie Davidson at the Hillhead Centre.

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

- **Newsletter-** The committee were asked to take responsibility for certain sections of the Newsletter.
- **Flyers/Good Practice Guides** - Flyers published since are a Heart Rate Monitor Flyer, Strength Training and Children, with a flyer on Pole Dancing as a form of Physical Activity currently being produced. The next full run of flyers will be in September.
- **Active Age Festival** - Details of the Active Age Festival, now in its 3rd year, were confirmed. The event will take place in Aberdeen on the 28th August.
- **Student Fitness festival** - It is hoped to have a student Fitness Festival this year and it was suggested that 19th or 26th November may be a good time. Wednesday afternoon good for students currently not active. A taster day of lots of different dance activities.

Key dates to note:

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

SUS Executive is asked to consider the following:

Item
None at Present