

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
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SUSPAC had its first meeting on Thursday 12th August at Edinburgh University.

The primary items of business discussed:

- **Newsletter**– first revamped newsletter ready to go..... positive feedback from all PA committee on new look. Focus is on promoting the newsletter, through departments/institutions (spider, moodle etc)
- **Workshop** - Our workshop focused on our main project for the year; eating disorder guidelines for instructors. We were joined by clinical psychiatrist Alan Currie and clinical psychologist Zara Lipsey both specialist in the field of those taking in part in sport, exercise and physical activity with eating disorders. The next stage is to organise training for various staff from each department.
- **Dance Festival**– 7th November at Edinburgh University was a great success, with 96 participants, an increase from last year. Sessions on offer included break-dance, hip hop (old and nu style), salsa hoop dance, swing dance, jazz funk, musical theatre, contemporary..... Fiona is going to email all participants for feedback.

External links – Fiona Mathie and Hazel Ednie attending the Scottish Governments Older Adult Physical Activity Summit on 16 November at John McIntyre Centre, Edinburgh University

SUS Nike+ challenge – the challenge is a way to link up with gyms around the sector and a great way to end the challenge at next years SUS conference. We have selected this area for one of the Christmas Seminar workshops to generate ideas and take it forward.

SUS Executive is asked to consider the following:

Item
None at Present