

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
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SUSPAC had its first meeting on Thursday 5th August at University of Glasgow.

The primary items of business for SUSPAC are as follows:

- **Newsletter**– The newsletter is being revamped this year. We are introducing sections such as, exercise of the issue, healthy recipe, interview with an active member of a University’s Sports centre (1 university/college staff member and 1 student member), facts v myths (exercise & food related), Feature question – with the use of the SUSPAC facebook page we will select a question and answer it in the newsletter. We will also be keeping information on conferences/events, dates for you diary and round the unis. The aim of the revamp is to make it more student focussed therefore increasing PAC’s profile.
- **Flyers/Good Practice Guides** – We have an abundance of flyers available on the SUS website. This year we will revisit the flyers ensuring they are up to date and make changes if required. We will then look to promote these flyers, via facebook and having a SUSPAC stand in each institution. Over the next year our main aim is to produce a document addressing the issue of ‘disordered eating & exercise’, this document will be aimed towards exercise teachers to assist them in dealing with members who have an eating disorder.
- **Workshops** – our next workshop will be focussed around ‘disordered eating & exercise’ and we hope to have a selection of experts in this area.
- **Dance Festival**– Date set for Sunday 7 November at University of Edinburgh confirmed, 3 studios booked.
- **Active Age Festival**- Tuesday 24th August at the University of Strathclyde, around 70 Older Adults attended the Festival. Sessions included group warm up, chair based exercise, yoga, walk, sports (indoor curling, badminton, short tennis) and hip hop. We had stalls from April Logan’s Personal Training Scotland and Vitality Glasgow. April offered Body fat, Blood pressure measurements and general nutritional advice.
- **External links** – within the committee we have strong links with PAHA, BACR, Fitness Scotland, Skills Active, however we feel we need to improve our links with BASES.
- **Action Plan**- The action plan for the forthcoming year; Gathering data for the sector, raise profile of SUSPAC, deliver quality events for the sector, produce resources and develop partnerships with external groups.

SUS Executive is asked to consider the following:

Item
None at Present