

## **TERMS OF REFERENCE FOR A TASK AND FINISH GROUP CONCERNING SEDENTARY LIFESTYLES**

### **1. THE ISSUE**

- 1.1 At the September Panel meeting, members received a presentation from the Council's Sports and Play Development Officer on the issue of sedentary lifestyles, the impact this had on the life of the individual and how the Council encouraged residents to increase participation in physical activity.
- 1.2 Following the presentation members felt that more work could be done, with member involvement, to better communicate the activities on offer and the benefits of an active lifestyle. Members suggested that a small task & finish group be established to look into this matter.

### **2. PURPOSE**

- 2.1 That the Panel establishes a Task and Finish Group with the following proposed terms of reference:
  - Investigation how members can gain a better awareness and understanding of the benefits of healthier lifestyles and the services on offer within the district.
  - Examine how members can actively engage sedentary individuals to participate in physical activity and healthier lifestyles, seeking courage across the District and bringing local experience to bear.

### **3. METHOD**

- 3.1 It is suggested that the Task & Finish Group be formed through the usual practice of inviting members from the Panel in the first instance, then remaining members from across the Council, with a membership of up to 4 members.

### **4. TIMESCALE**

- 4.1 The Panel has requested a report back at the January 2016 Panel.

### **5. RECOMMENDATION**

- 5.1 That the Panel agrees the proposed terms of reference as set out in paragraph 2.1 above and appoints members to the Task & Finish Group.

**For Further Information Contact:**  
Martin Devine  
Head of Leisure and Employment  
Tel: 02380 285588  
E-mail: [martin.devine@nfdc.gov.uk](mailto:martin.devine@nfdc.gov.uk)

**Background Papers:**  
None