

Non-Aligned Group Amendment to Motion 1: Promoting the Benefits of Physical Exercise

Moved by Councillor Smith and seconded by Councillor May.

(Amendment with changes marked by ~~deletions-crossed-through~~ and additions underlined)

Original Motion 1 Promoting the Benefits of Physical Exercise

'This Council recognises the importance of physical exercise in avoiding social isolation, safeguarding physical & mental health and tackling obesity and associated diseases such as diabetes.

This Council therefore commits, in line with our "health in all policies" approach, to work with all Councillors and staff of Essex County Council to encourage physical exercise. This Council also calls upon all partners to:

1. Work in collaboration to ensure the success of the Active Essex programme; in particular to translate the lessons of the Sports England pilot in Basildon, Colchester and Tendring across the county.
2. Promote a whole system approach through the emerging joint health and wellbeing strategy.
3. Recognise that education starts young and therefore promote school participation in physical exercise, particularly the "daily mile"; by encouraging primary and other schools, particularly those in urban areas, to adopt an overarching walk to school policy.
4. Prevent further development that will be built fully or partially upon parks, open green spaces and school playing fields.'

The amended motion would read:

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