

Liberal Democrat Group Amendment to Motion 1: Promoting the Benefits of Physical Exercise

Moved by Councillor Turrell and seconded by Councillor Deakin.

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

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”.
4. To display health information, calories, sugar, salt fat etc in all food sold in our own food outlets in our own buildings

The amended motion would read:

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”.
4. To display health information, calories, sugar, salt fat etc in all food sold in our own food outlets in our own buildings