

Adult Social Care and Services Scrutiny Panel

16 October 2019

Scrutiny Topic:

‘Physical Activity for Older People (Aged 65+)’

*“Many adults aged 65 and over spend, on average, 10 hours or more each day sitting or lying down, making them the most sedentary age group.”*

*(<https://www.nhs.uk/live-well/exercise/exercise-as-you-get-older/>)*

**Proposed Aim(s)**

- To raise awareness of the issues surrounding physical activity for older people over the age of 65, and encourage further participation in physical activity.

**Proposed Terms of Reference**

- a) To understand the importance of physical activity for those over the age of 65;
- b) To examine current service provision and ascertain how accessible physical activity is for Middlesbrough residents over the age of 65; and
- c) To explore effective strategies, interventions and projects to further develop service provision.

**Contact:** Chris Lunn

**E-mail:** [chris\\_lunn@middlesbrough.gov.uk](mailto:chris_lunn@middlesbrough.gov.uk)