

Sports Minister supports Physical Activity Week



This morning as part of Physical Activity Week, Sports Minister Shona Robison led a 'health walk' of delegates attending the 7th National PAHA Conference (Physical Activity Health Alliance), which is being held today at Murrayfield.

In the year of the Games, Ms Robison will be addressing the conference, whose theme this year is 'Making the Environment Fit in 14' and will be attended by a variety of people from different sectors and professions who are involved in the promotion of physical activity and health in Scotland.

The Edinburgh Reporter spoke with Margaret Burns Chair of NHS Health Scotland and the Minister (who was walking at the time!)

'West Lothian On the Move' led the health walk from Haymarket train station to Murrayfield Stadium, Edinburgh, giving delegates the opportunity to choose an active and alternative means of travel to the conference venue. There will also be opportunities throughout the conference for delegates to break their sedentary behaviour and increase their physical activity levels, including a lunchtime led cycle.

Six Scottish organisations are also been recognised for their commitment in encouraging people to be more active by winning PAHA awards from NHS Health Scotland.

Physical inactivity results in around 2,500 premature deaths in Scotland each year (seven a day), and being active can help prevent and treat more than 20 chronic diseases.

The vision of the PAHA awards programme is to celebrate inspiring practice in the promotion of physical activity and to share information about these award winning organisations with people delivering physical activity across the whole of Scotland to allow them to put this shared learning into practice.

