

**Council: Tuesday, 15 July 2014**

**Business Item – Councillor Helena Hart**

Outdoor Gyms and assisting healthy living

Council welcomes the recent launch of Outdoor Gyms in seven parks across the Borough and believes that, in conjunction with the nine Marked and Measured Routes installed earlier this year, they will help residents of all ages and abilities to keep fit and healthy. Council notes their introduction is part of the wider Fit and Active Barnet scheme, which is encouraging residents across the Borough to take more exercise. These new Outdoor Gyms, mainly funded by the Council's new Public Health Department in co-operation with the Greenspaces team, are a prime example of how the Council can work together across departments to encourage and support residents to live more healthily.

Council recognises the importance of encouraging and achieving healthy lifestyles for our residents, both in terms of preventing and managing long term health issues and reducing the demand on public services. Measures to manage and reduce demand on local health services and social care services will be crucial both if the Council is to stand any chance of finding the savings it requires and to prevent yet further calls upon its finances. Council therefore calls upon the relevant committees and the Health and Wellbeing Board in particular to work alongside our partner organisations to find further ways to assist and encourage residents to lead healthy lives.

*Under Full Council Procedure Rule 23.5: if my item is not dealt with by the end of the meeting I ask that it be voted upon at the Council meeting.*