



## YOUTH ADVISORY COUNCIL (aka YAC!)

AGENDA: Meeting #3  
Tuesday, October 17th



### 1. Welcome



### 2. Outdoor physical activity highlight

Over the past month (since our last meeting) we want each of you to think about your 'favourite physical activity time' when you were outdoors, not at school and being active.



### 3. Physical Activity Survey discussion – The hurdles we face and how to jump over them

We would like to talk about the 'hurdles' we have talked about during our last two meetings that might stop kids from being active or being more active. We will describe the 'hurdles' during the meeting and ask you to think about ways we could 'jump over' them (have pen and paper ready to write your ideas down).

The 'Hurdles' are:

1. Keeping everyone happy
2. Making physical activity fun and social
3. Not too hard, or too easy, but just right
4. Where to go?
5. Physical activity people

If we have time we want to ask you the question: What does physical activity teach you?



### 4. Next meeting & goodbye

Next meeting we would like all of you to bring a picture of someone you look up to when you think about being physically active – not a family member or friend.