

## PREMIER'S COUNCIL FOR ACTIVE LIVING MONTHLY BULLETIN

### Welcome to the Premier's Council for Active Living (PCAL) Bulletin

The purpose of the bulletin is to provide people interested in promoting active living choices within NSW with relevant up-to-date news and research. The monthly bulletins focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL web-site at: [http://www.pcal.nsw.gov.au/resources/monthly\\_bulletin.html](http://www.pcal.nsw.gov.au/resources/monthly_bulletin.html). If you wish to receive the PCAL Bulletin please write SUBSCRIBE in the subject area and email [pcal@heartfoundation.org.au](mailto:pcal@heartfoundation.org.au).

### Cities should be 'human habitats'

According to leading Health expert, Prof. Tony Capon, urban environments need to be redesigned to encourage physical activity in order to combat preventable chronic diseases such as obesity, which are responsible for nearly 60% of the world's deaths. Prof Capon speaking at the recent Oxford Health Alliance conference in Sydney said "We need to build physical activity back into our lives, its not simply about bike paths, its about developing an urban habitat that enables people to live healthy lives." The top urban planning priorities for improving health are: locating jobs near to home, promoting active modes of transport (walking & cycling), improving mass transit options (bus, train, tram), ensuring ready access to fresh food and developing attractive public spaces.



For further information see: [www.innovations-report.de/html/berichte/medizin\\_gesundheit/bericht-104131.html](http://www.innovations-report.de/html/berichte/medizin_gesundheit/bericht-104131.html)

### London to spend record £500 million on cycling

London's Lord Mayor, Ken Livingstone, recently announced a package to promote walking and cycling. The package includes the creation of a new network of quick, simple and safe routes for cyclists and pedestrians that will change the profile of walking and cycling on London's streets, including around a dozen cycling corridors for commuters. A bicycle hire scheme with 6,000 bikes every 300 metres will be introduced making cycling a fully funded part of London's transport network. Bicycle Zones for shoppers will also be introduced with cycle priority streets that have 30kph speed limits. Signage systems will also be enhanced to help people make short trips around the city on foot.

For further information see:

[www.london.gov.uk/view\\_press\\_release.jsp?releaseid=15612](http://www.london.gov.uk/view_press_release.jsp?releaseid=15612)

### Students can get Cycle Trains and Walking Busses to school

A cycle train is similar to a walking school bus on wheels. Adult 'conductors' cycle along a set route to school, collecting children on their bicycles from designated 'train stops'. Land Transport New Zealand have produced a practical resource entitled 'How to set up cycle trains: Help for schools and communities,' as a result of a successful NZ pilot program. A research report also describes how the resource was enhanced as a result of the implementation project. For further information on the cycle train resource see: [www.landtransport.govt.nz/research/reports/338.pdf](http://www.landtransport.govt.nz/research/reports/338.pdf)

National Ride2School Day is an Australian wide behaviour change program aimed at working with schools, parents and children to increase the number of students walking and cycling to school. NSW schools participate for the first time on 12 March.



For further information on Ride2School Day see: [www.bicyclensw.org.au/RideToSchool.asp](http://www.bicyclensw.org.au/RideToSchool.asp)



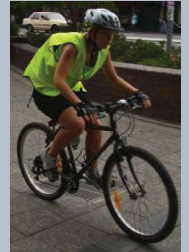
### Roadside assistance for Cyclists

Victorian cyclists have been benefiting from the country's first roadside breakdown assistance program for bikes provided by the Royal Automotive Club of Victoria (RACV) Bike Assist program. The RACV plays an equivalent role in Victoria as the NRMA in NSW. For a nominal fee, Victorian cyclists are offered roadside assistance when their bike cannot be ridden due to an accident, mechanical problem or puncture.

For further information see: [www.racv.com.au/wps/wcm/connect/Internet/Primary/roadside+assistance/bike+assist/](http://www.racv.com.au/wps/wcm/connect/Internet/Primary/roadside+assistance/bike+assist/)

### \$200 Million Federal Budget Submission for Cyclists

In response to the Hon. Wayne Swan's call for community input into the Rudd Government's first Budget, the Australian cycling sector has submitted a \$200 million bicycle infrastructure proposal known as the Healthy and Active Transport (HEAT) initiative. For more information see: [www.cyclingpromotion.com.au/images/stories/downloads/Treasury\\_Submission\\_media\\_release.pdf](http://www.cyclingpromotion.com.au/images/stories/downloads/Treasury_Submission_media_release.pdf)



The Sydney Coastal Councils Group have developed an excellent resource, 'Walking Coastal Sydney' to help both Sydney residents and visitors access coastal walking routes. The website provides detailed walking route maps by regions in Sydney.

For further information about the 'Walking Coastal Sydney' resource see: [www.walkingcoastalsydney.com.au](http://www.walkingcoastalsydney.com.au)

### Promoting physical activity among midlife and older adults

Research from the US has identified that the majority of midlife adults know what they should be doing to stay healthy and physically fit, but few are acting on that knowledge. A new guide has been developed which aims at promoting physical activity among midlife and older adults. The resource covers topics such as marketing and communications, building partnerships, reducing environmental barriers to physical activity and community-wide walking programs.

To access this resource see: [www.assets.aarp.org/www.aarp.org/articles/health/pagefive.pdf](http://www.assets.aarp.org/www.aarp.org/articles/health/pagefive.pdf)

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