

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. If you wish to receive the PCAL Bulletin please write SUBSCRIBE in the subject area and email pcal@heartfoundation.org.au.

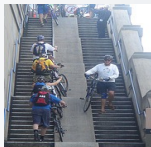
On Your Bike: Increasing Cycling for Short Trips

The NSW Department of Environment and Climate Change and PCAL are jointly hosting a series of FREE one day Active Transport conferences throughout July. The conferences will be highlighting new policies and project initiatives to make cycling in NSW easier, safer and more convenient. The conferences will be held in three locations including Sydney (21st July), Newcastle (24th July) and Shellharbour (30th July) with a key note address from Christian Wolmar, a leading British transport commentator. **ON YOUR BIKE** INCREASING CYCLING FOR SHORT TRIPS **BIKE** The agenda will be adapted to bring a regional focus to each conference. Please RSVP to:

OnYourBike@environment.nsw.gov.au indicating your preferred location.

Bicycle Transportation by Australian Adults.

The Cycling Promotion Fund has released a report titled 'Getting Australia Moving' commissioned by the Federal Department of Health and Ageing which was developed to assist practitioners, policy makers and planners to increase participation in cycling by Australian adults. The report identifies barriers and solutions to increase participation and concludes with a series of recommendations. The report media releases and subsequent radio national interviews are available at www.cyclingpromotion.com.au.



Brisbane Cycling Centre Opens

A new cycle centre in the heart of Brisbane opened in June to help encourage commuter cyclists previously hampered by inadequate end of trip facilities. Cycle2City (C2C) provides access to secure bike parking, a fresh towel, lockers, showers and toilets. The facility provides membership to 420 cyclists. Construction was funded by Brisbane City Council and Queensland Transport. For further information and images see www.cycle2city.com.au

Cycling to work in Sydney

A recently released analysis of journey to work census data from 2001 and 2006 by Sydney South West Area Health Service has indicated that cycling to work is continuing to increase in the inner areas of Sydney. Inner areas were defined as local government areas which were largely within 10km of Central Railway Station. Outer Sydney areas had mostly decreased. The highest rates were reported in Marrickville which has 2.76% of residents commuting to work by bicycle. The full report is available on the 'cycling connecting communities' [website](#).



Choose a lifestyle work option

A recent [SMH article](#) has highlighted how many large companies are moving premises to business parks surrounding Sydney and are providing active living friendly facilities to ensure staff are happy to work there. Optus staff who have recently moved to Macquarie Park in North Ryde for example have subsidised gym and meal programs and have dedicated bus services from selected pick up points. Local councils are also enhancing open space and pedestrian corridors to allow staff walkable access to expanding facilities such as shops, cafes and child care centres. The U.K National Institute for Health and Excellence (NICE) has recently issued a guidance report titled Promoting Physical Activity in the Workplace which is available at <http://www.nice.org.uk/>

Streets turning into recreational spaces

With petrol prices causing drivers to consider alternatives, some U.S cities are taking the opportunity to reclaim streets (temporarily) for pedestrians. New York plans to close part of the city streets for three Saturdays in August, unleashing what is expected to be a deluge of walking, cycling and dancing life on to New York streets. San Francisco is considering a similar program on Sunday mornings to provide cheap, healthy and safe recreation opportunities for residents in urban areas.

Chicago, Portland and El Paso, Texas have all embarked on similar schemes. The idea has been modeled on the successful Ciclovía Festival in Bogota, Colombia where every summer Sunday from 7am to 2pm more than a million people fill a route spanning over 100kms of the city's streets. A short [video](#) demonstrating how the Ciclovía works shows what can be achieved.

Increase Active Living for Greatest Health Gain

The Australian Institute of Health has recently released a summary of current Australian Health Statistics in a report titled 'Australian Health 2008' which highlighted that the greatest health gains can be achieved by decreasing - in order - smoking, high blood pressure, obesity, physical inactivity, high blood cholesterol and excessive alcohol consumption. The resource is available free online at www.aihw.gov.au. A recent [international study](#) of more than 40,000 men aged between 45 and 79, found those who walked or cycled at least 30 minutes a day were 34% less likely to die from cancer and 5% less likely to develop the disease. A more intensive program of between 60-90 minutes a day was associated with a 16% lower chance of developing cancer.

Sydney 2009 World Masters Games

People of all disabilities and most ages can now register for the Sydney 2009 World Masters Games, the seventh edition of the world's largest multi-sport event. Held from 10-18 October, the Sydney 2009 World Masters Games will see people from upwards of 100 countries compete for gold in 28 sports at more than 70 sites across the city over nine days. Anyone can compete in the Games provided that they satisfy their sport's minimum age criterion, as low as 25 years for swimming and people who sign up online before the end of July 2008 will save 15% on the competitors registration fee. For further information see: www.2009worldmasters.com



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