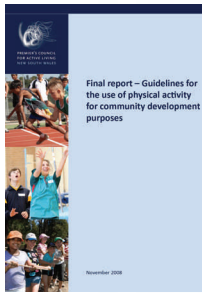


PREMIER'S COUNCIL FOR ACTIVE LIVING MONTHLY BULLETIN

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.

Community Development Guidelines



PCAL has released [recommended guidelines](#) for the use of physical activity for community development purposes. A range of critical success factors are presented including the need for local programs, promoting broad community

engagement and opportunities for personal development. The full list of criteria and case study source information is presented in a final [report](#). An accompanying [practitioner's resource](#) has also been developed to assist in the planning, implementation and evaluation of physical activity programs that build social capital. Both documents are available on the PCAL website at <http://www.pcal.nsw.gov.au/>

Homeless World Cup

The Homeless World Cup is an annual, international football tournament uniting teams of people who are homeless and excluded and in turn helps reduce homelessness on a global scale. The 2008 Homeless World Cup is a free event being held in Melbourne from the 1-7 December. For more information see: <http://www.homelessworldcup.org>

Award Winning Dancing Choirs

The Medibank Private Active Tasmania Awards are an initiative of the Tasmanian Premier's Physical Activity Council and the Reclink Choir of High Hopes in Hobart was acknowledged this year for their innovative incorporation of movement and dance into rehearsals. For award information see: <http://www.getmoving.tas.gov.au>



Cycling Friendly Communities in Demand

An increasing number of potential Melbournian home owners are citing bike paths and secure lock-up facilities as part of their buying wish-list and local councils are responding according to recent reports in the Age Newspaper. The City of Yarra for example, has prioritised cycling through policies such as ensuring new developments include bike parking. Council staff have noted that the City's 'bike-friendly nature increases the sense of community and is reflected in high house values, with homes that are close to bike paths in great demand'. For further information see: <http://www.domain.com.au/>

Bicycle Ambulances Saving Lives

Bicycle usage has taken a great leap forward in many African countries. Not only have donated recycled bicycles been distributed to local community health care workers but the implementation of 'bicycle ambulances' has enabled the workers to be more efficient in the delivery of services and support for patients.



For more information on BikeTown Africa 2008 see: <http://www.bicycling.com/biketown/africa.html>

Goodwill Bicycles Abroad is one example of an Australian group that collect, send and distribute Australian bicycles to communities in need throughout Australia and abroad. The indigenous Australian population living in remote areas is the main focus in Australia while more than 7000 bikes were sent to East Timor between 2000 and 2002. For further information see: www.goodwillbicycles.com

Green Gyms

Green Gym is a free program that promotes health and well-being in its volunteer participants through involvement in practical conservation and gardening activities. Volunteers work in small teams completing tasks such as tree planting, weeding and flora and fauna surveys. Evaluation of similar programs in the UK has demonstrated positive health and community development outcomes. Green Gym is managed by Conservation Volunteers Australia who are currently seeking volunteers in the Blacktown area. For further information see: <http://www.conservationvolunteers.com.au>



Green Space Slows Childhood Obesity Increase

A new study published in the American Journal of Preventative Medicine has found over a two year period children living in greener neighbourhoods experienced a slower increase in body mass index regardless of age, race or sex. Previous correlational research has also demonstrated a similar positive relationship between available green space and lower levels of childhood obesity. For further information see: <http://www.rwjf.org/>

How Do You Measure Up?

'Measure Up' is a joint social marketing campaign of the Australian, State and Territory governments encouraging Australian adults to make and sustain possible lifestyle changes such as increasing physical activity. Waist measurement guidelines are used in the campaign, with men encouraged to keep their waist below 94cm and women less than 80cm to avoid increased risk of developing long term disease. For further information see: www.australia.gov.au/MeasureUp

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Some links may expire due to archiving by original source organisation.