

Welcome to the Premier's Council for Active Living (PCAL) monthly 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 are archived on the [PCAL website](#).

PCAL does not endorse or recommend any commercial products, processes or services that may be displayed through bulletin hyperlinks.



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External Delivery of Physical Activity within Schools/OOSH

PCAL has developed guidelines to assist [NSW Primary schools](#) and [Out of School Hours \(OOSH\) centres](#) which plan to engage an external provider to deliver formal physical activity programs. For further information see http://www.pcal.nsw.gov.au/resources/evidence_papers

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Victorian Cycling Takes Centre Stage

Victorian Premier John Brumby has launched the states new [\\$115 million cycling strategy](#) that 'elevates cycling as an essential core element of the (Victorian) transport strategy'.

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RTA Guide for Cyclists

The RTA has published a new online resource, '[A Handbook for Bicycle Riders](#)' that comprehensively covers the A to Z of bicycle riding for beginners to more experienced cyclists.

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Get Healthy Information and Coaching Service

NSW Health has launched a free and confidential 'Get Healthy Information and Coaching Service'. This telephone (1300 806 258) and [web based](#) service provides support and information for NSW adults in relation to healthy eating, physical activity and achieving and maintaining a healthy weight.

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Valuing Active Living

Various recent international reports have challenged the economic models used to value active living opportunities including a new [UK Bicycle Planning Model](#); a [North American report](#) that evaluates economic stimulation strategies and [UK CABE](#) has proposed new ways to value assets- such as parks- that appreciate over time.

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Rural Communities 'Get Healthy'

The Australian Broadcasting Commission has invited rural, isolated communities to showcase innovative 'get healthy' strategies and ideas. [Highlighted programs](#) include strategies for making rural towns more bike friendly, organic farming and restoration of buildings for community leisure activities.

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PCAL Healthy Planning Workshops- The Next Steps

PCAL is conducting a series of new one-day Healthy Planning workshops. Locations include [Ballina](#), [Port Macquarie](#), [Shellharbour](#), [Wagga Wagga](#) and [Sydney](#). For agenda and registration details please see www.pcal.nsw.gov.au .

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