

Dear Subscriber,

Welcome to the PCAL monthly bulletin.

This bulletin reports up-to-date news and research of interest to people who want to promote active living choices in NSW. Previous bulletins are archived on the [PCAL website](#).

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This issue at a glance...

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Walking saves millions

PCAL has released a [cost benefit methodology for estimating the financial benefits of walking](#). The methodology predicts that switching 5% of Sydney Metro daily car trips of under 1km to walking would save \$134 million over five years. A [compilation of recent key active travel cost benefit studies](#) has also been released.

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OECD Report on the importance of walking to the future of our cities

A recent [OECD report](#) has highlighted the importance of walking to our cities in the 21st century. The report highlights the need for a walking strategy including the role that governments and stakeholders can play in promoting environments conducive to walking.

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Neighbourhood Walkability Checklist

The Heart Foundation has developed a [Neighbourhood Walkability Checklist](#) designed to help individuals and groups to survey their local walking environment. The checklist has been designed to assist community members identify items which help or hinder walking in the local environment.

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NSW Active Living and Local Government webpage

To assist local councils access the growing body of NSW active living related [guidelines](#), [resources](#) and [case studies](#), PCAL has prepared a





dedicated 'active living' [local government webpage](#).

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New website to encourage older people to stay active

NSW Health has [launched](#) a new website <http://www.activeandhealthy.nsw.gov.au/> to assist older people to stay Active and Healthy. The website allows people to identify a list of exercise programs designed for older adults within their local suburb.

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US Active Living Research Conference Presentations

[Presentations](#) from the 2011 US Active Living Research Annual Conference are now available. Topics include [cost benefits of cycling infrastructure](#) and [NYC Active Design Guidelines Evaluation](#).

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Best buys for physical activity

The Global Advocacy for Physical Activity (GAPA) has released a new document: [Non Communicable Disease Prevention Investments that Work for Physical Activity](#) identifying seven best investments to increase population levels of physical activity. This document is a complement to the [Toronto Charter for Physical Activity](#).

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Sit less and move more

A growing body of research suggests that active people may increase their health benefits if they also sit less during the day. To assist [adults](#) and [children](#) sit less and move more the Heart Foundation has released two information sheets that outline the effects of sitting too long.

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