

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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Make my park pop - Penrith's one-year park installation



Community and business representatives, designers and student architects have joined [Mike Lydon](#) to design a [one-year park installation](#) in Penrith's CBD. The [park concept](#) will be evaluated over 12 months and lessons from the trial applied to creating the best model of a permanent park.

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How moving more can change your life



Check out this [interactive illustration](#) that summarises the new Australian Physical Activity and Sedentary Behaviour Guidelines including consumer friendly tips on how to be more active. And you can read the [latest facts on physical activity](#) in this new fact sheet from the World Health Organisation.

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Do you sit too much at work?



To help address sedentary behaviour in the workplace, the Heart Foundation has created a range of workplace ["Sit Less" posters](#) to accompany a new [Stand @ Work case study](#) for healthier workplaces.

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Where is it hard to cross the street in Victoria?

The latest issue of [Victoria Walks' enews](#) highlights [City of Port Phillip's Green Light initiative](#). The local council is encouraging resident pedestrians to tell them where they find it hard to cross the street and



Tackling Physical Inactivity—
A Coordinated Approach
ALL-PARTY COMMISSION
ON PHYSICAL ACTIVITY



use an [interactive map](#) to identify where signalised crossings can be improved.

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UK All-Party Commission on Physical Activity Report released

The UK has released the [results](#) of its All-Party Parliamentary Commission on Physical Activity. The [website of the Commission](#) includes background evidence and recommendations to address the growing physical inactivity epidemic in the UK.

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Designing places for healthier lives

The UK Design Council's [Active by Design](#) initiative provides guidelines, infographics and case studies promoting the use of better design to encourage increased physical activity and access to healthy food. And this [health check](#) from the Royal Institute of British Architects examines the link between urban environment and health in nine of the most populated cities in England.

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Smart Growth in Australian cities

["Unlocking Smart Growth in Australian Cities"](#) proposes a package of pathways, policies and programs to make Smart Growth the principal long-term approach for the development of Australian cities. The report is the first to explore the Smart Growth concept in an Australian context and includes both international and Australian case studies.

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Professional Development/Education Opportunities

- Sydney University [open online course in physical activity and exercise](#) - commences 21st April 2014.
- Western Sydney Diabetes Prevention and Management Initiative forum "[Planning for our Healthier Future](#)" - 29th April 2014.
- RMS training course "[Designing for Pedestrians and Bicycle Riders](#)" - 14th and 15th May 2014.

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