

Welcome to the PCAL monthly bulletin.

The purpose of this 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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Articles

NSW Optus Active Travel Case Study

A [case study](#) of the sustainable transport strategies implemented as part of the recent relocation of over 5000 Optus staff to Macquarie Business Park is now available on the [PCAL site](#). The case study provides a NSW example of workplace travel planning.

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Workplace Travel Plan Resources

A [New Zealand workplace travel plan toolkit](#) has been prepared to assist workplaces to offer more sustainable transport choices for employees. The Northern Sydney Central Coast Area Health Service has also developed a [Northern Beaches Health Service workplace travel plan](#), focusing on active travel as a means for improving the health and wellbeing of local area health service staff.

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Planning on Walking

A recently released [Heart Foundation position statement](#) on walking and the built environment has concluded there is sufficient evidence to warrant public health action on the role of the built environment to increase physical activity. Access to destinations such as public transport, connected street networks and public open space are some of the urban design factors research has associated with increased walking.

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Finding Green Spaces in Crowded Cities

Crowded US cities are finding ways to [create parkland in untraditional places](#). Amid the new high-rises, parking lots and shopping malls, cities are reclaiming space from old factories, rail yards and airports, sharing space with schoolyards and cemeteries, building parks on the tops of roofs and reservoirs, closing roadways to cars, and more.

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Optimising Cancer Outcomes Through Physical Activity

The Australian Association for Exercise and Sport Science has released a [position paper](#) on 'Optimising cancer outcomes through





exercise'. The paper highlights improved physical, psychological and survival benefits from participating in exercise during and following treatment for cancer, particularly colorectal and breast cancer.

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Free Indigenous Games CD



More than 100 traditional games and sporting activities are available on a free CD-ROM entitled 'Yulunga: Traditional Indigenous Games'. The free resource can be downloaded at ausport.gov.au/isp or by contacting the Indigenous Sports Program at isp@ausport.gov.au.

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Funding Your Community



The [NSW Government's Community Building Partnership program](#) is offering grants of up to \$300,000 for local councils and not-for-profit community organisations for projects that deliver positive community results through social, recreational or environmental outcomes. Projects must be ready to commence by late 2009 and funding applications close on 10 August 2009.

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