



G21 PHYSICAL ACTIVITY STRATEGY

2014 - 2017

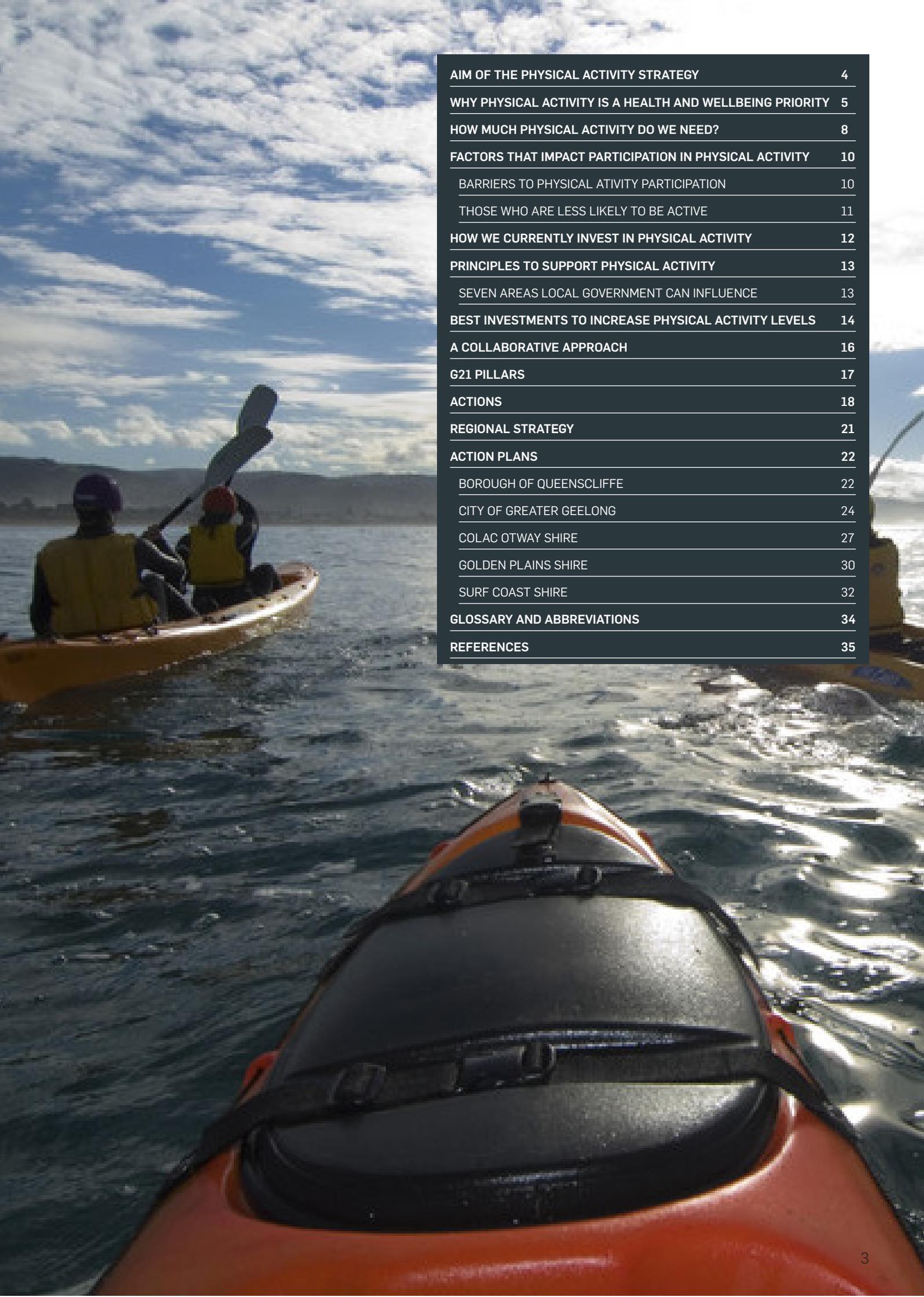
SPORT & RECREATION PILLAR

OUR MISSION IS:

TO ENCOURAGE MORE PEOPLE TO BE
MORE ACTIVE MORE OFTEN.

WE RECOGNISE THAT:

LOCAL GOVERNMENT AUTHORITIES (LGA'S)
THAT MAKE UP THE G21 REGION CAN POSITIVELY
CONTRIBUTE TO THE HEALTH AND WELLBEING
OF THE COMMUNITY BY MAKING PHYSICAL
ACTIVITY THE EASY CHOICE. THIS CAN BE
DONE THROUGH CAREFUL AND CONSIDERED
DESIGN OF PUBLIC SPACES AND THE BUILT
ENVIRONMENT, AND BY ENSURING THE NEEDS
OF PEOPLE ARE PARAMOUNT WHEN MAKING
DECISIONS ABOUT THE SPACES IN WHICH THEY
LIVE, LEARN, WORK AND PLAY.



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AIM OF THE PHYSICAL ACTIVITY STRATEGY

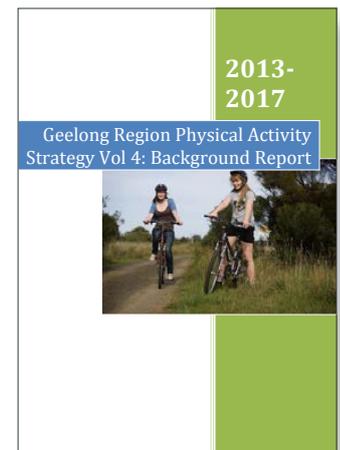
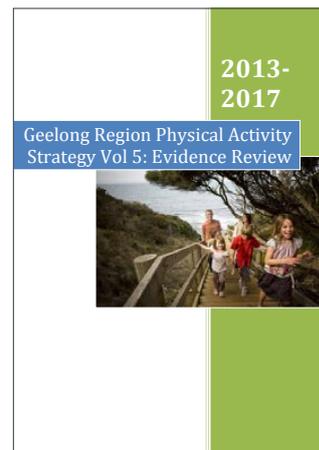
The aim of the G21 Physical Activity Strategy is to establish an evidence base to guide policy and decision making at a regional and municipal level. This will help create an environment that supports physical activity and will generate recommendations that are linked into the G21 Health and Wellbeing Plan as well as each LGA's Health and Wellbeing Plans. The strategy particularly focusses on identifying physical activity interventions such as facility development, policies, programs and services that are cost effective and most likely to succeed in increasing people's ongoing participation in physical activity using available resources and through the development of strategic partnerships.

SPECIFIC OBJECTIVES OF THE STRATEGY ARE TO:

- provide the policy context that describes the role of the G21 region and other key stakeholders in planning, developing, managing and supporting opportunities that foster physical activity
- integrate planning for physical activity at a regional and municipal level
- foster partnerships that influence physical activity across the region
- identify levels of physical activity at a regional and local level
- identify key social and economic determinants of physical inactivity at a regional and local level
- identify enablers and barriers to physical activity at a local level
- provide evidence to develop guidelines and principles to inform policy and decision making that supports physical activity
- provide recommendations for resource allocation to support physical activity.

This main report provides an overview of the importance of physical activity and the ways in which the G21 region can help to create environments that support physical activity in the community, based on specific interventions supported by national and / or international evidence.

A glossary has been provided at the end of this strategy. The City of Greater Geelong and Colac Otway Shire contributed additional funding to the project so that a specific set of actions could be developed identifying how these municipalities can increase physical activity. Hence a Background Report, which provides a summary of the research and consultation outputs which led to the development of the actions contained within the strategy; and an Evidence Review, which summarises key points from documents and research papers assessed as part of the project, have also been produced.





WHY PHYSICAL ACTIVITY IS A HEALTH AND WELLBEING PRIORITY

Physical activity has many benefits for individuals and the broader community. According to Vic Health¹, these benefits include the prevention of injuries and the onset of non-communicable diseases such as:

- cardiovascular disease
- breast cancer
- colon cancer
- type two diabetes
- obesity
- osteoporosis.

It can also help to:

- increase people's self-esteem and confidence
- improve sleep quality
- provide people with a greater sense of energy
- reduce depression, stress and anxiety
- improve mental health
- increase life expectancy
- enhance social connectedness.

Physical inactivity is estimated to cost Australia \$13.8 billion annually, and the health sector alone \$719 million². 16,178 premature deaths can be attributed to physical inactivity each year³. From a workplace perspective, approximately 1.8 working days per employee per year are lost to physical inactivity, or the equivalent of \$458 per employee⁴.

\$13.8B

Estimated annual cost to Australia as a consequence of physical inactivity

\$719M

Estimated annual cost to Australia's health care sector due to physical inactivity.

16,178

Premature deaths can be attributed to physical inactivity each year.

World Health Organisation Definition

PHYSICAL ACTIVITY IS:

"any bodily movement produced by skeletal muscles that requires energy expenditure." ⁵ It includes "sports, exercise and other activities such as playing, walking, doing household chores or gardening." ⁶

WHY PHYSICAL ACTIVITY IS A HEALTH AND WELLBEING PRIORITY (CONT)

According to the Victorian Population Health Survey (2008), the majority of people living in the G21 region, other than females in Colac Otway Shire and Golden Plains Shire, meet physical activity guidelines. However, this figure is still far from ideal. The percentage of males who are overweight, with the exception of those living in Greater Geelong, was lower than the Victorian average.

However, the percentage of women who were overweight was higher in Colac Otway, Golden Plains and Greater Geelong compared with the Victorian average. Obesity levels amongst both men and women were higher than the Victorian average in Colac Otway, Golden Plains and Greater Geelong.

TABLE 1: PHYSICAL ACTIVITY, OVERWEIGHT AND OBESITY LEVELS IN THE G21 REGION

	MEET PHYSICAL ACTIVITY GUIDELINES		OVERWEIGHT		OBESE	
	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES
Victoria	61.0%	59.7%	39.9%	24.2%	17.3%	16.1%
Colac Otway ⁷	65.0%	57.2%	38.5%	29.5%	19.0%	16.6%
Golden Plains ⁸	67.5%	58.2%	35.9%	26.4%	18.0%	17.2%
Greater Geelong	63.2%	63.2%	42.2%	31.4%	17.9%	16.7%
Queenscliffe ⁹	76.2%	69.8%	35.0%	19.2%	6.4%	7.5%
Surf Coast ¹⁰	66.3%	69.5%	36.3%	20.4%	15.1%	12.9%

TABLE 2: PREVALENCE OF DIABETES IN THE G21 REGION.

MUNICIPALITY	NO. OF DIABETICS IN 2001	NO. OF DIABETICS IN 2011	CHANGE	POPULATION DENSITY CHANGE	NEW CASES EACH WEEK
Colac Otway	540	1,062	97%	6.5%	1.0
Golden Plains	273	770	182%	26.3%	1.0
Greater Geelong	4,972	11,238	126%	15.1%	12.1
Queenscliffe	83	137	65%	0.9%	0.1
Surf Coast	306	853	179%	28.8%	1.1

NB: Data supplied for the percentage of local residents' level of physical activity in 2008-2011 was based on the Department of Health's previous Physical Activity Guidelines. New physical activity guidelines were released by the Australian Government Department of Health in February 2014.

Non-communicable diseases such as obesity, overweight and type two diabetes can have a profound effect on the health and wellbeing of individuals, families, communities and workplaces. In order to create a healthier community, a strategic approach needs to be adopted to encourage physical activity at every opportunity in people's daily lives. It is imperative, therefore, that the G21 region recognises that participation in physical activity is a cornerstone of good health and wellbeing and that such participation contributes to the building of successful, connected and active communities.

Both the G21 Physical Activity Strategy and the G21 Health and Wellbeing Plan aim to promote the importance of physical activity at every opportunity.

Diabetes Australia

15 NEW CASES OF DIABETES RECORDED EACH WEEK IN THE G21 REGION

An increase in body mass and a lack of physical activity is not the only concern in the region. According to Diabetes Australia¹¹, the number of diabetics in the G21 region has grown considerably in a 10 year period, with 15 new cases reported each week.



HOW MUCH PHYSICAL ACTIVITY DO WE NEED?

The Australian Government's Department of Health has published National Physical Activity Guidelines¹² for Australians to provide an overview of the minimum amount of physical activity required to enhance health. Guidelines have been produced for a range of age groups.



AGE 0-5

Babies should be encouraged to take part in physical activity from birth, particularly supervised floor-based play in safe environments. Toddlers and pre-schoolers should be physically active every day for at least three hours, spread throughout the day.



AGE 5-12

Primary school aged children should take part in a combination of moderate and vigorous activities for at least 60 minutes a day. Children should engage in activities that strengthen their muscles and bones on at least three days per week.



AGE 13-17

Young people of secondary school age should take part in at least 60 minutes of physical activity every day. This can be built up throughout the day with a variety of activities. They should also engage in activities that strengthen their muscles and bones on at least three days per week.



ADULTS 18-64

Adults 18-64 years of age should accumulate 150-300 minutes of moderate intensity physical activity each week or 75-150 minutes of vigorous intensity physical activity each week (or an equivalent combination of both). Muscle strengthening activities should also occur on at least two days each week.



OLDER ADULTS (65+)

Older adults should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week.





FACTORS THAT IMPACT ON PARTICIPATION IN PHYSICAL ACTIVITY

There are a broad range of social and economic determinants that influence whether or not people participate in physical activity.

Based on the VicHealth BE ACTIVE Framework⁴³, other documents reviewed and the outcome of consultations, it is recognised that barriers exist at an individual, organisational, community and societal level as outlined below.

BARRIERS TO PHYSICAL ACTIVITY PARTICIPATION

INDIVIDUAL LEVEL:

Key factors which limit participation in physical activity by individuals include:

- lack of time
- cost of activities
- poor health
- lack of motivation
- inability to access child care
- lack of confidence or self-esteem.

ORGANISATIONAL & CLUB LEVEL:

Factors that may limit participation at an organisational or club level include:

- lack of inclusive policies and practices
- lack of information about opportunities available
- inadequate facilities
- clubs or organisations that do not respond to the cultural needs of certain groups.

Research undertaken as part of the G21 Health and Wellbeing Plan 2013-2017⁴⁴, the City of Greater Geelong Municipal Early Years Plan⁴⁵, the Greater Geelong City Plan⁴⁶ and various other local and regional plans identified the following enablers to participation in Greater Geelong:

- safe and connected paths / walking tracks to key destinations such as schools, libraries, open space and shopping centres

COMMUNITY LEVEL:

At a community level, the following factors can have a negative impact on physical activity participation:

- inadequate facilities and areas of open space as a result of poor planning and lack of activation
- communities that are based around cars as the major form of transport
- lack of public transportation
- communities where people do not feel connected to each other.

SOCIETAL LEVEL:

At a societal level, participation can be limited if:

- people don't feel that facilities and areas of open space are safe
- people feel that spectators will make it unpleasant to participate
- people feel that it is more enjoyable to spend leisure time using technology
- there is a concern that participation as a participant or support person may lead to litigation.
- access to facilities such as swimming pools, leisure centres and sporting facilities
- access to parks, open spaces, play spaces and reserves
- affordable and inclusive activities for young people, people with disabilities and people from Culturally and Linguistically Diverse (CALD) communities
- safe and convenient public and community transport opportunities.



THOSE WHO ARE LESS LIKELY TO BE ACTIVE

Whilst physical inactivity is a whole of community issue and can affect anyone, those members of the community who are less likely to be active are women, older adults, people from culturally and linguistically diverse communities, people with a disability, Indigenous Australians and people with a low socio-economic status. These people are particularly impacted by the barriers described above and are consequently less likely to be active than other groups within the community. Research undertaken by VicHealth¹⁷ indicates:

- **76.1%** of women are likely to be sedentary or have low levels of exercise compared with men (68%).
- **82%** of indigenous women are likely to be sedentary or have low levels of exercise compared with indigenous men (67%).
- **46%** of children who were born in non-English speaking countries do not participate in organised sport, compared with 25% of children who were born in Australia.
- **81.8%** of people born in Southern and Eastern Europe, 79.5% of people born in North Africa and the Middle East, and 76.7% of people born in South East Asia report lower levels of participation in physical activity than those born in Australia (69.2%).
- **45.4%** of people living in the most socio-economically disadvantaged areas of Australia are likely to be sedentary, compared with 24.9% of people who live in the least socio-economically disadvantaged areas.
- **30%** of young women aged between 15 to 24 years of age participate in sufficient physical activity to achieve health benefits, compared with 46% of young men in the same age group.
- **50%** of people with a disability and 28% of those with profound or severe core-activity limitation take part in physical activities or attend as spectators, compared with 64% of Australians without a disability.

SPECIFIC INITIATIVES NEED TO BE IMPLEMENTED THAT TAKE INTO CONSIDERATION THE NEEDS OF THESE COMMUNITIES AND TO ADDRESS THEIR BARRIERS TO PARTICIPATION.



HOW WE CURRENTLY INVEST IN PHYSICAL ACTIVITY

Municipalities in the G21 region play an important role in the provision and facilitation of physical activity opportunities. The quality of its planning, design and management of physical activity opportunities can either help to support physical activity, or in fact discourage it. Key roles of G21 LGA's in relation to physical activity are:

STRATEGIC PLANNING:

Developing frameworks and strategies to guide the implementation of physical activity policy, infrastructure, programs and initiatives, for example:

- open space plan
- sports strategies
- recreation reserve master plans
- play strategies.

PROGRAMMING:

Providing, facilitating or supporting a wide range of physical activity programs such as:

- learn to swim programs and group fitness classes at aquatic centres
- sporting competitions through sports clubs
- walking groups and yoga classes at neighbourhood houses
- active community transport programs such as Walk2School Day and Ride to Work Day.

INFRASTRUCTURE:

Providing environments and infrastructure where physical activity can take place, such as:

- leisure centres and swimming pools
- sports facilities
- open space, parks and playgrounds
- shared cycling / walking trails, footpaths and road networks.

PRINCIPLES TO SUPPORT PHYSICAL ACTIVITY

In order to assist the G21 region to develop an environment that fully supports physical activity, the following principles have been adapted from the Toronto Charter for Physical Activity: A Global Call to Action (2010)¹⁸

- 1. Implement evidence-based strategies** - implement strategies and interventions that are based on research and evidence and which have been proven to be or are likely to be successful either in the local community or elsewhere.
- 2. Implement cost-effective strategies** - implement strategies and interventions that are cost effective wherever possible.
- 3. Target whole of population and specific target groups** - implement strategies and intervention that target the whole population in addition to specific target groups who traditionally are not as active as other members of the community, such as older adults, CALD communities, Indigenous people, people with disabilities, people from low-socio economic backgrounds and women.
- 4. Address the determinants of physical inactivity** - ensure that environmental, social, and individual determinants of physical inactivity are addressed when implementing strategies or interventions.
- 5. Adopt an equitable approach to physical activity** - recognise and address the determinants that impact on participation in physical activity by specific groups in the community so that a more equitable approach to physical activity opportunities and resources can be implemented.
- 6. Develop partnerships** - identify, promote and implement relevant local, municipal, regional, state and national partners including health based organisations, schools, workplaces and sports clubs, to help deliver effective, coordinated and sustainable physical activity interventions and strategies.
- 7. Build organisational capacity** - provide information and support to people who either work in or influence physical activity opportunities in the community by supporting training in research, practice, policy, evaluation and surveillance.
- 8. Utilise a whole of life approach** - ensure that physical activity strategies and interventions adopted take into consideration the needs of people of all ages and abilities including children, families, adults, older adults and people with disabilities.
- 9. Utilise appropriate settings** - ensure that physical activity strategies and interventions take place in a range of appropriate and specific settings including, schools, workplaces, neighbourhoods to ensure maximum participation and the best outcomes.
- 10. Ensure appropriate local and cultural responses** - tailor physical activity interventions and strategies to accommodate cultural sensitivities and varying local realities, cultures, contexts, and resources.
- 11. Make physical activity options easy** - provide an environment where participation in physical activity within community and daily life is easy and in which people have the freedom to make healthy and informed personal choices about being physically active.
- 12. Advocate for additional resources and commitments** - advocate to the general community, decision makers and various government agencies for more resources and an increase in political commitment to physical activity.

SEVEN AREAS LOCAL GOVERNMENT CAN INFLUENCE

Based on building blocks identified by ICLEI¹⁹ (the international Local Governments for Sustainability organisation) and the World Health Organisation²⁰, seven areas in which local government can have influence have been identified.

- Leadership and governance
- Information
- Financing
- Partnerships
- Workforce developments
- Land use and planning
- Licensing and regulation.

In relation to physical activity, local government may have a controlling, influencing or monitoring role against each of these areas listed above.

BEST INVESTMENTS TO INCREASE PHYSICAL ACTIVITY LEVELS

Various interventions have been investigated at a national and international level to determine which strategies have the most impact on physical activity participation. Overwhelmingly, research indicates that there is not one simple solution and that a whole of community approach is needed to increase physical activity levels.

The most effective approach is to implement several different strategies at once, in partnership with a broad range of organisations such as Local Government Authorities, schools, workplaces, sports clubs, primary health care settings, transport agencies, media, etc. in a broad range of settings. To be truly effective, the strategies implemented need to address “individual, social-cultural, environmental and policy determinants of physical inactivity.”²¹

Specifically the documents reviewed highlighted the need for the development of policies that support physical activity at a high level, through to implementing initiatives which increase social support for physical activity to occur in a range of different settings such as schools, workplaces and neighbourhoods at a grass roots level. Urban design that is conducive to physical activity and the provision of safe and supportive environments for physical activity were also identified as key priorities.

A number of the documents identified the need for agencies to work in partnership with each other and for the provision of training for employees so that they have a better understanding of the importance of physical activity^{22,23,24}. To increase people’s awareness of the physical activity opportunities available, the documents identified the need for effective public communication initiatives and the provision of information.

Based on an evidence review of over 50 publications, including the Systematic Review undertaken by international researchers to determine those most likely to be the best investments for physical activity, as determined by the British Journal of Sports Medicine (2012)²⁵ and Heath et al (2012)²⁶ are (in no particular order):

1. Whole of school programs (e.g. provision of game equipment and painted markings in playgrounds to encourage physical activity).
2. Transport policies and systems that prioritise walking, cycling and public transport (e.g. active transport programs such as walking school bus and tools to encourage active transport to work).



3. Urban design regulations and infrastructure that provides for equitable and safe access for recreational physical activity and recreational and transport-related walking and cycling across the life course.
4. Physical activity and non-communicable disease prevention integrated into primary health care systems.
5. Public education, including mass media to raise awareness and change social norms of physical activity (e.g. encouraging stair use over escalator use through signage and stairwell upgrades).
6. Community-wide programs involving multiple settings and sectors that mobilise and integrate community engagement and resources.
7. Sports systems and programs that promote 'sport for all' and encourage participation across the lifespan.

Various interventions have been examined by national and international researchers to determine which interventions are most likely to be cost-effective and also cost-saving. Results differ according to the parameters of each study.

One Australian study²⁷ found that the most effective interventions are a pedometer challenge and a mass media campaign. This study found that the pedometer challenge and the mass media campaign, implemented concurrently with four other interventions - the TravelSmart Program (where people are encouraged to walk, cycle or catch public transport), an internet based program (where participants in a program receive support via emails or mobile phones), general practitioner referral to an exercise physiologist and a prescription for physical activity from a general practitioner - would not only be cost effective, it would also avert 61,000 DALYs (Disability Adjusted Life Years) annually across Australia.

Another study by some of the same authors²⁸ suggested that this package of interventions would cost approximately \$850 million to deliver across Australia annually (noting that physical inactivity is estimated to cost Australia \$13.8 billion annually). This equates to a cost of \$8.5m for the City of Greater Geelong, for example, at a cost of \$39 per person and approximately 671 DALYs saved.





A COLLABORATIVE APPROACH

The process of creating this regional strategy has been a collaboration between the G21 Sport and Recreation Pillar and the G21 Health and Wellbeing Pillar.

Through the Board and its Pillars, G21 is committed to advocating regionally and at state and federal levels for investments which promote and enable our communities to be active.

Each of the G21 municipalities have undertaken work at their local level to position physical activity as a significant issue and to develop Action Plans which will guide their investments and integrate other strategies.

This strategy was made possible through the support of BE ACTIVE a joint initiative of VicHealth and the Victorian Government which enabled the development of two positioning papers, a Background Report and an Evidence Review in addition to a systematic review of incidental physical activity community interventions.

The partnerships across the region and the shared commitment to increasing levels of physical activity is an important factor in creating healthier, more active and more connected communities.

G21 PILLARS



The G21 Pillar Groups are central to all of the work that G21 does. There are eight Pillar Groups based on our region's key priorities (see left).

Pillars are made up of key decision makers and subject experts within the Pillar categories, who meet on a regular basis and work towards generating projects that will contribute to the implementation of the 'G21 Geelong Region Plan'.

The success of the G21 Physical Activity Strategy will rely on a commitment towards various initiatives which may span across several of the pillar groups.

Therefore, strong cooperation and the development of strategic partnership across the various pillar groups, as well as with government entities, business and community organisations across the G21 region will be critical to ensure an increase in physical activity opportunities and an improvement in the health and wellbeing of our community.





ACTIONS

In order to improve physical activity levels and ultimately the health and wellbeing of people living in the G21 region, a range of initiatives will need to be undertaken in partnership with various agencies in the region. These initiatives will vary from Council to Council, according to programs, services and facilities already in place, but may include:

RESOURCING

- Appointment of an Active Travel Officer (possibly appointed in a part-time capacity or through reallocation of existing staffing resources)
- Establish base line data in relation to current physical activity participation levels locally

SCHOOLS

- Establish joint use agreements with schools to increase access to facilities
- Establish safe routes to schools
- Support and encourage active transport to schools
- Implement health promotion initiatives for early childhood services and schools

TRANSPORT POLICIES & SYSTEMS

- Develop and implement Active Transport Strategies and Integrated Transport Plans
- Improve public transport and public transport timetables
- Consider possible expansion of park and ride programs where relevant
- Continue to fund cycling and walking infrastructure
- Provide end of trip facilities at municipal offices to encourage staff to walk / ride to work

URBAN DESIGN

- Embed physical activity and Healthy By Design principles into municipal documents and statements
- Develop and implement infrastructure guidelines
- Conduct safety audits of public spaces
- Develop accessible walking and cycling resources
- Increase funding for maintenance of physical activity settings as required
- Implement initiatives that encourage physical activity in urban settings



PRIMARY HEALTH CARE

- Encourage General Practitioners to develop a referral program to relevant health professionals
- Encourage General Practitioners to initiate an active scripts program

PUBLIC EDUCATION

- Provide regular training for local government staff about environments that support physical activity
- Increase information about physical activity included in on online council directory
- Implement media strategies detailing minimum physical activity requirements to maintain health benefits
- Provide links from council websites to other physical activity and active transport sites

COMMUNITY WIDE PROGRAMS

- Undertake a study to determine feasibility of implementing physical activity interventions
- Facilitate free community physical activity events
- Review policies around informal use of public space by physical activity providers
- Develop physical activity and healthy eating policies for municipal programs
- Work in partnership with other physical activity providers to reduce barriers to participation for vulnerable communities
- Incorporate funding for physical activity initiatives into existing community grants programs.
- Implement the Healthy Together Victoria Workplace Achievement Program.
- Instigate a municipal physical activity committee which is responsible for organising activities for staff before work, after work or at lunch time.

SPORTS SYSTEMS & PROGRAMS

- Support the continued roll out of the VicHealth Healthy Sporting Environments Program by Leisure Networks.
- Incorporate the achievement of VicHealth Healthy Sporting Environments Program criteria into sport and recreation leases and fees and charges policies.
- Continue to alter tenancy arrangements to ensure that local and municipal sport and recreation facilities remain open to the general public at all times.
- Ensure that all active sport and recreation settings such as recreation reserves, stadiums, tennis courts, etc are planned, designed, managed and maintained in such a way as to be accessible and appropriate to the needs of all user groups.



REGIONAL STRATEGY

This regional strategy has identified three priority directions for addressing and increasing physical activity across the G21 region. These three directions cluster the recommended evidence based areas for investment as follows:

- Active Lifestyles
- Active Environments
- Active Communities



REGIONAL ACTION	STAKEHOLDERS	FUNDING SOURCE
<p>Convene a G21 Physical Activity cross-pillar working group to:</p> <ul style="list-style-type: none"> • Develop a G21 Physical Activity Implementation Plan to ensure priority regional actions are identified and incorporated into the work of the G21 Pillars. • Develop a system for monitoring and reporting progress of local physical activity action plans. • Coordinate planning for additional resources which may include staff and/or funding for the implementation of regional actions 	<p>Five G21 municipalities (BOQ, COGG, COS, GPS, SCS).</p>	<p>Supported by Pillar sponsors.</p>

ACTION PLAN

BOROUGH OF QUEENSCLIFFE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
RESOURCING			
1.	Support local clubs and community organisations.	BoQ and local organisations	All
2.	Support local organisations to effectively plan and promote major public participation events in the Borough of Queenscliffe.	BoQ, TGGB and local organisations	BoQ, TGGB and TV
3.	Facilitate access to a range of sport and recreation activities.	BoQ and local organisations	All
4.	Promote the shared use of community facilities.	BoQ and local organisations	All
5.	Continue to support the shared facility management arrangements between Queenscliff Senior Citizens and Queenscliff Sea Scouts.	BoQ, QSC and QSS	BoQ, QSC and QSS
6.	Support local organisations to plan and implement community recreation, sport, civic activities and events.	BoQ and local organisations	All
TRANSPORT POLICIES & SYSTEMS			
7.	Advocate for improved public transport.	BoQ, G21 and PTV	All
8.	Work with neighbouring municipalities, G21 and the Victorian Government to develop the G21 Public Transport Plan.	BoQ, G21 and PTV	All
9.	Work towards the development of a network of connected walking and cycling routes.	BoQ, RDV, PV and DELWP	All
10.	Maintain shared pathways and improve walking and cycling routes.	BoQ, RDV and DELWP	All
URBAN DESIGN			
11.	Seek funding to develop the Queenscliff Sport and Recreation Precinct Project.	BoQ and SRV	SRV
12.	Seek funding to construct stage 1 of the former High School parklands.	BoQ and RDV	BoQ, RDV
13.	Improve access to parks and beaches.	BoQ, DELWP and PV	BoQ, RDV and DELWP
14.	Complete the Queenscliff Recreation Reserve Master Plan.	BoQ	BoQ
15.	Complete a Master Plan for the former High School site.	BoQ and SRV	BoQ
16.	Complete the Pathways Strategy for Queenscliff and Point Lonsdale.	BoQ	BoQ
17.	Work with Bellarine Railway to upgrade the Queenscliff Historic Railway Station precinct.	BoQ, RDV and BHR	BoQ, RDV and BHR
18.	Enhance walking and cycling routes and encourage use by the community and visitors.	BoQ, DELWP and PV	BoQ, DELWP and PV
PRIMARY HEALTH CARE			
No relevant actions.			

ACTION PLAN

BOROUGH OF QUEENSCLIFFE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
PUBLIC EDUCATION			
19.	Work with local, regional and state tourism organisations to promote Queenscliffe as a holiday, events and festivals destination.	BoQ, TGGB, TV and local organisations	BoQ, TGGB and TV
20.	Investigate and promote ways to improve information sharing between clubs and organisations.	BoQ and local organisations	All
21.	Promote and support a range of arts, cultural and reconciliation activities and events.	BoQ and local organisations	All
COMMUNITY WIDE PROGRAMS			
22.	Facilitate access to a range of sport and recreation activities.	BoQ and local organisations	All
23.	Invest in activities and events that respond to the needs of young people.	BoQ and local organisations	All
24.	Administer a community grants and sponsorship program to support local clubs and community organisations.	BoQ and local organisations	BoQ
25.	Facilitate access to child and family services and life-long learning opportunities.	BoQ and local organisations	BoQ and BCH
SPORTS SYSTEMS AND PROGRAMS			
26.	Minimise municipal rates applied to sporting clubs that have limited revenue sources.	BoQ	BoQ

ACTION PLAN

CITY OF GREATER GEELONG

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
RESOURCING			
1	Appoint an Active Travel officer to support populations to engage in active travel.	CoGG (Sport and Rec and HTG)	CoGG
SCHOOLS			
2	Establish Joint Use Agreements with schools to promote access to school sites and recreational facilities for the broader community.	CoGG (Sport and Rec)	CoGG
3	Establish partnerships to identify, develop and promote safe routes to school to increase participation in active travel.	CoGG (HTG and Engineering)	CoGG
4	Support programs in partnership with schools and other relevant organisations to increase participation in active travel.	CoGG (Sport and Rec and HTG)	CoGG
5	Implement Healthy Together Geelong health promotion initiatives for early childhood services and schools that support active play and physical activity.	CoGG (HTG)	CoGG (HTG)
TRANSPORT POLICIES & SYSTEMS			
6	Develop an active transport plan that provides an 'integrated accessible network of walking and cycling routes for safe and convenient travel to local destinations and points of interest' (Healthy by Design).	CoGG (Sport and Rec and HTG)	Subject to grant
7	Support implementation of the G21 Public Transport Strategy to promote and improve public and community transport routes and timetables.	CoGG (Engineering)	CoGG
8	Ensure that the Integrated Transport Plan to be undertaken focuses on addressing high speed priority routes to key destinations; the development of alternative, frequent high speed public transport; the development of safe road crossings for pedestrians; the development of a network of connected cycling / walking paths; and the reduction of speed limits only in areas where there are high pedestrian numbers.	CoGG (Engineering)	CoGG
9	Explore the feasibility of Park and Ride initiatives to other parts of the city such as the CBD and sites where major employers are located.	CoGG (Sport and Rec and HTG)	CoGG
10	Continue to fund and prioritise infrastructure that supports active travel.	CoGG (Sport and Rec and HTG)	CoGG

ACTION PLAN

CITY OF GREATER GEELONG

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
URBAN DESIGN			
11	Ensure the Municipal Strategic Statement contains healthy built environment components that support active living.	CoGG (HTG)	CoGG
12	Embed 'Healthy by Design' principles in City of Greater Geelong council planning processes to support active living in existing and future growth areas.	CoGG (Sport and Rec)	CoGG
13	Continue to implement and regularly update the recommendations contained within its infrastructure guidelines and ensure that developers and the general public are made aware of this document.	CoGG (Sport and Rec)	CoGG
14	Develop accessible walking and cycling resources to encourage and support participation in safe active travel.	CoGG (Sport and Rec and HTG)	CoGG
15	In partnership with the community identify safety issues that may impact on participation in physical activity.	CoGG (Sport and Rec and HTG)	CoGG
16	Review infrastructure maintenance budgets for settings in which physical activity occurs and submit a budget bid to increase maintenance levels for specific facilities as required.	CoGG (Parks and Support Services)	CoGG
17	Incorporate physical activity components such as signs to encourage stair use, footpath markings, active play equipment, etc into urban spaces whenever new works are undertaken or when opportunities exist for such developments to occur.	CoGG (Sport and Rec and HTG)	CoGG
PRIMARY HEALTH CARE			
18	Establish partnerships to encourage GPs to implement a referral program to an Exercise Physiologist Program or relevant health professionals (in areas where such programs do not already exist).	WestVic PHN, BH and BCH	
19	Establish partnerships to encourage GPs to administer active scripts or green scripts, with a particular focus on promoting active lifestyles and linking to community based services, facilities and organisations.	WestVic PHN, BH and BCH	
PUBLIC EDUCATION			
20	Facilitate training and workforce development opportunities for Local Government staff with the aim of creating environments that support physical activity.	CoGG (HTG)	CoGG (HTG)
21	Increase the amount of information about physical activities provided by clubs, organisations and the private sector in an online directory.	CoGG (Sport and Rec)	CoGG
22	Develop a media and communications strategy to promote the benefits of physical activity and to inform people of the minimum amount of physical activity required to maintain health benefits.	CoGG (HTG)	CoGG (HTG)
23	Provide online interactive resources to enable local residents and visitors to the area to plan their journey utilising active transport and to seek out locally available physical activity opportunities.	CoGG (Sport and Rec)	CoGG

ACTION PLAN

CITY OF GREATER GEELONG

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
COMMUNITY WIDE PROGRAMS			
24	Explore the feasibility of implementing a targeted intensive physical activity initiative for example the WA Active Travel program (an outreach program designed to increase levels of physical activity participation by all community members).	CoGG (HTG)	CoGG
25	Facilitate regular physical activity events for example Open Streets or Ciclovía (programs where streets are opened to people and closed to cars providing spaces for people of all ages to participate in physical activity) to offer the community the opportunity to experience streets in a whole new way.	CoGG (HTG)	CoGG
26	Review policies and regulation regarding informal use of public space by providers of physical activity and amend where appropriate to encourage greater participation in these activities by the general public.	CoGG (Sport and Rec)	CoGG
27	Work through existing networks to address local barriers to active living, particularly vulnerable communities.	CoGG (HTG)	CoGG
28	Incorporate funding for physical activity initiatives into existing City of Greater Geelong Council Grants program.	CoGG (HTG)	CoGG
29	Implement Healthy Together Geelong health promotion initiatives for workplaces and the community that include initiatives to increase participation in physical activity, promote active lifestyles and to reduce sedentary behaviour.	CoGG (HTG)	CoGG (HTG)
SPORTS SYSTEMS AND PROGRAMS			
30	Work with local sport and active recreation settings to address barriers to participation by vulnerable groups within our community.	CoGG (Sport and Rec)	CoGG
31	Incorporate components of the VicHealth Healthy Sporting Environments Program into sport and recreation club and leisure centre leases and fees and charges policies.	CoGG (Sport and Rec)	CoGG
32	Encourage broader community access to tenanted sport and recreation facilities.	CoGG (Sport and Rec)	CoGG
33	Ensure that all active sport and recreation settings such as recreation reserves, stadiums, tennis courts, etc are planned, designed, managed and maintained in such a way as to be accessible and appropriate to the needs of all user groups.	CoGG (Sport and Rec)	CoGG

ACTION PLAN

COLAC OTWAY SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
RESOURCING			
1	Expand the Active Transport Committee to include implementation and evaluation of the Physical Activity Strategy as a key role.	COS (Sport and Rec)	COS
2	Appoint a part-time physical activity officer to support populations to engage in active travel – possibly through reallocation of existing staff resources.	COS (Sport and Rec)	COS
3	Establish base-line data on physical activity levels in the community, including the number of young people who ride to school.	COS (Sport and Rec)	COS
SCHOOLS			
4	Establish Joint Use Agreements with schools to promote access to school sites and recreational facilities for the broader community.	COS (Sport and Rec)	COS
5	Establish partnerships to identify, develop and promote safe routes to school to increase participation in active travel.	COS (Infrastructure)	COS
6	Support active transport programs in partnership with schools and other relevant organisations to ensure an integrated accessible network of walking and cycling routes for safe and convenient travel to schools.	COS (Infrastructure)	COS
7	Continue to promote the Department of Health's Healthy Together Achievement Program in early childhood education, care services and schools.	CAH	COS
TRANSPORT POLICIES & SYSTEMS			
8	Implement the recommendations contained within Colac Otway Shire's Active Transport Strategy, e.g. end of trip facilities, way-finding and signage and specific works in each town to ensure that it continues to develop an integrated accessible network of walking and cycling routes for safe and convenient travel to local destinations such as schools, workplaces, retail areas and recreational areas.	COS (Sport and Rec)	COS
9	Promote and improve public and community transport routes and timetables to encourage greater use of active and public transport as per the G21 Public Transport Strategy.	G21 and COS (Infrastructure)	COS
10	Investigate options to reduce speed limits in towns from 60km per hour to 50km per hour and to reduce the speed limit from 50km per hour to 40km per hour in central Colac and central Apollo Bay where there are high numbers of pedestrians.	COS (Infrastructure)	COS
11	Develop a Footpath Strategy to ensure that a connected network of accessible paths is available in each town.	COS (Infrastructure)	COS

ACTION PLAN

COLAC OTWAY SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
URBAN DESIGN			
12	Improve environments that support physical activity by embedding physical activity, walkability, cyclability, universal design principles and Healthy By Design principles into all relevant plans and policies such as the Municipal Strategic Statement and by developing incentives for Colac Otway Shire Council Departments and developers who can demonstrate increased participation in physical activity initiatives.	COS (Planning)	COS
13	Incorporate the Public Open Space Strategy into the Colac Otway Shire Planning Scheme in recognition of the correlation between open space, physical activity and positive health outcomes.	COS (Planning)	COS
14	Undertake an audit of infrastructure and safety needs as part of the open space audit. Perceived or actual infrastructure and safety issues that may impact on participation in physical activity to be identified and initiatives to rectify specific issues to be implemented.	COS (Sport and Rec)	COS and external funding
15	Review infrastructure maintenance budgets for settings in which physical activity occurs and submit a budget bid to increase maintenance levels for specific facilities as required.	COS (Infrastructure)	COS
16	Incorporate physical activity components such as footpath markings, active play equipment, etc into urban spaces whenever new works are undertaken or when opportunities exist for such developments to occur.	COS (Planning)	COS and some external funding
PRIMARY HEALTH CARE			
17	Work in partnership with Western Victoria Primary Health Network, Colac Area Health and Otway Health & Community Services to encourage GPs to initiate a referral program to relevant health professionals (in areas where such programs do not already exist).	WestVic PHN, CAH and OH	WestVic PHN, CAH and OH
18	Work in partnership with Western Victoria Primary Health Network, Colac Area Health and Otway Health & Community Services to encourage GPs to initiate an active scripts or green scripts program (in areas where they do not already exist), with a particular focus on linking to community based sport and recreation clubs and organisations in Colac Otway Shire as well as to Council owned leisure centres such as Bluewater Fitness Centre.	WestVic PHN, CAH and OH	WestVic PHN, CAH and OH
PUBLIC EDUCATION			
19	Facilitate regular training opportunities (e.g. Healthy By Design) for Local Government staff across all units with the aim of developing environments locally that support physical activity.	COS (Planning)	COS
20	Increase the amount of information about physical activities provided by clubs, organisations and the private sector in Colac Otway Shire's online directory and on a dedicated physical activity page on Council's website.	COS (Sport and Rec)	COS
21	Develop a media strategy to promote the benefits of physical activity and to inform people of the minimum amount of physical activity required to maintain health benefits.	COS (Health)	COS
22	Provide a link from Colac Otway Shire's website to other relevant websites to enable local residents and visitors to the area to plan their journey utilising active transport and to seek out locally available physical activity opportunities.	COS (Sport and Rec)	COS

ACTION PLAN

COLAC OTWAY SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
COMMUNITY WIDE PROGRAMS			
23	Seek funding to hold a Ciclovía Festival, Bark in the Park (or similar initiatives) to encourage the local community to take part in a range of free physical activity events and to be exposed to the physical activity message.	COS (Sport and Rec)	COS and possibly some external funds
24	Encourage local workplaces to embrace a pedometer challenge.	COS (Sport and Rec)	Industry
25	Review Colac Otway Shire's Health and Wellbeing Policy to ensure that staff incorporate a physical activity and healthy eating component into all municipal programs and initiatives wherever possible.	COS (Health)	COS
26	Undertake regular media and promotional activities to encourage women, older adults, people from culturally and linguistically diverse communities, people with a disability, Indigenous Australians, young people and people with a low socio-economic status to utilise Bluewater Fitness Centre once re-opened.	COS (Sport and Rec)	COS
27	Work collaboratively with Neighbourhood Houses, Leisure Centres, Health Centres and other relevant organisations to facilitate opportunities and address barriers to active living, particularly in vulnerable communities such as older adults, indigenous communities, CALD communities, people with disabilities, young people, people from low socio-economic backgrounds and women. Use an outreach model where appropriate.	COS (Sport and Rec)	COS
28	Incorporate funding for physical activity initiatives by community groups into Colac Otway Shire's existing Community Grants program.	COS (Sport and Rec)	COS
29	Instigate an internal municipal physical activity committee which is responsible for organising activities such as walks, swim, bike rides, yoga classes for staff before work, after work or at lunch time, and encourage other large organisations to do the same.	COS (Sport and Rec)	COS
SPORTS SYSTEMS AND PROGRAMS			
30	Encourage sport and recreation clubs / organisations and leisure centres to be more inclusive, to address barriers to participation by vulnerable groups within the community and to deliver specific physical activity outcomes by supporting the continued roll out of the VicHealth Healthy Sporting Environments Program by Leisure Networks.	COS (Sport and Rec)	COS
31	Incorporate the achievement of VicHealth Healthy Sporting Environments Program criteria into sport and recreation club / organisation and leisure centre leases and fees and charges policies.	COS (Sport and Rec)	COS
32	Continue to alter tenancy arrangements to ensure that all local and municipal level sport and recreation facilities remain open to the general public during daylight hours, seven days per week (unless there are exceptional circumstances such as maintenance tasks being carried out).	COS (Sport and Rec)	COS
33	Ensure that all active sport and recreation settings such as recreation reserves, stadiums, tennis courts, etc are planned, designed, managed and maintained in such a way as to be accessible and appropriate to the needs of all user groups.	COS (Sport and Rec)	COS

ACTION PLAN

GOLDEN PLAINS SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
RESOURCING			
1	Establish an evidence base to identify local participation rates in both structured and unstructured physical activities.	GPS (HWB)	GPS
2	Employ an Aged Services Development Officer to coordinate and resource the Ageing Well Strategy (AWS).	GPS (Age and Disability)	GPS
3	Implement recommendations contained within Golden Plains Shire's Open Space Strategy.	GPS (Rec)	GPS / grants
4	Implement recommendations contained within Golden Plains Shire's Paths and Trails Strategy.	GPS (Rec)	GPS / grants
SCHOOLS			
No relevant actions.			
TRANSPORT POLICIES & SYSTEMS			
5	Develop a Bicycle Strategy.	GPS (Rec)	Subject to grant
6	Evaluate Golden Plains Shire's Golden Connections Community Transport program to inform a sustainable community transport model.	GPS (HWB)	GPS
7	Provide a community transport program that provides and delivers integrated transport options.	GPS (HWB)	Subject to grant
URBAN DESIGN			
8	Develop a Horse Trail Strategy.	GPS	Subject to grant
9	Connect paths and trails networks that encourage community participation, active travel and safe movement around townships.	GPS (Rec)	GPS / grants
10	Ensure new public infrastructure design processes for streetscapes, footpaths, buildings and public open spaces are universally accessible.	GPS (Engineering and HWB)	GPS
11	Extend roadside maintenance that supports safe and accessible walking paths.	GPS (Engineering)	GPS
12	Provide accessible and high quality open spaces in new developments.	GPS (Planning)	GPS
13	Develop the physical activity components of the Bannockburn Civic Heart Project.		

ACTION PLAN

GOLDEN PLAINS SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
PRIMARY HEALTH CARE			
No relevant actions.			
PUBLIC EDUCATION			
14	Develop and disseminate information about the range of options available to older people through locally based clubs, the U3A, ACFE and libraries etc.	GPS (Age and Disability)	GPS
15	Develop and actively promote health initiatives for people aged 50+ years.	GPS (HWB and Age and Disability)	GPS / subject to grant
16	Improve the standard and availability of information on open space opportunities and recreational trails in the Golden Plains Shire.	GPS (Rec)	GPS
COMMUNITY WIDE PROGRAMS			
17	Review fees and charges for the Golden Plains Shire's community facilities to ensure affordable usage, enhanced program delivery and efficient use of resources.	GPS (Rec)	GPS
18	Deliver programs which support population groups and individuals to enjoy a state of physical, mental and emotional wellbeing.	GPS (HWB)	GPS / grants
19	Strengthen partnerships with Neighbourhood Houses to provide outreach services and facilitate initiatives to support engagement.	GPS (HWB)	GPS
20	Advocate for and support a range of community based activities and events which support diversity and encourage social and community connectedness.	GPS (HWB)	GPS
21	Provide programs in partnership that support the community to be physically active.	GPS (Rec and HWB)	GPS / subject to grant
SPORTS SYSTEMS AND PROGRAMS			
No relevant actions.			

ACTION PLAN

SURF COAST SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
RESOURCING			
1	Develop and implement a new Open Space Strategy.	SCS	SCS / grants
2	Develop an Indoor Stadium Strategy for Torquay.	SCS	SCS / grants
3	Review the Surf Coast Shire's Skate park provision.	SCS (Rec)	SCS / grants
4	Explore opportunities to position Anglesea as an outdoor adventure hub.	SCS	SCS / grants
SCHOOLS			
No relevant actions.			
TRANSPORT POLICIES & SYSTEMS			
5	Promote Active Transport options.	SCS (Rec)	SCS
6	Support ongoing maintenance of Surf Coast Walk.	SCS	SCS
7	Investigate opportunities for improved beach access and accessibility to nature reserves for people with disabilities.	SCS	SCS
8	Review and update Pathways and Cycling Strategy.	SCS	SCS / grants
URBAN DESIGN			
9	Promote Community Gardens and Sensory Gardens.	SCS	SCS
10	Promote the mental health benefits of increased participation in physical activity.	SCS	SCS
11	Undertake a place based assessment of recreation infrastructure needs including the development of master plans for key reserves.	SCS	SCS
12	Promote and enhance open space settings for physical activity.	SCS	SCS
PRIMARY HEALTH CARE			
No relevant actions.			

ACTION PLAN

SURF COAST SHIRE

NO	ACTION	STAKEHOLDERS	FUNDING SOURCE
PUBLIC EDUCATION			
13	Utilise the Surf Coast Shire's website to improve user friendliness and accessibility of recreation information.	SCS	SCS
14	Develop, publish and promote health and wellbeing data.	SCS (HWB)	SCS
15	Develop local area township health and wellbeing data.	SCS (HWB)	SCS
16	Actively promote the benefits and encourage participation in the Club Network program facilitated by Leisure Networks.	SCS (HWB)	SCS
COMMUNITY WIDE PROGRAMS			
17	Progress recommendations in the Recreation Strategy.	SCS (HWB)	SCS / grants
18	Implement Surf Coast Shire's adopted outcomes of the G21 AFL Barwon Football Strategy.	SCS / G21 Sport and Rec Pillar	SCS / grants
19	Implement Surf Coast Shire's adopted outcomes of the G21 Regional Tennis Strategy.	SCS / G21 Sport and Rec Pillar	SCS / grants
20	Implement outcomes of the Torquay Hockey Club – Synthetic Hockey Pitch Feasibility Report.	SCS (Rec)	SCS / grants
21	Maximise use of the Surf Coast Shire's recreational facilities through a partnership approach.	SCS (Accessible and Inclusive)	SCS
22	Engage with relevant sports associations & /or peak bodies to proactively assess opportunities for the establishment of new clubs/groups.	SCS / State Sporting Associations	SCS
23	Implement recommendations from the Playground Strategy.	SCS	SCS / grants
24	Continue to introduce new sport and recreational opportunities for informal /social use.	SCS (HWB)	SCS
25	Implement physical activity actions identified in the Winchelsea Health and Wellbeing Project.	SCS	SCS
26	Investigate Surf Coast Shire's role in Nature Play.	SCS	SCS / grants
27	Sports Systems and Programs - Ensure that all active sport and recreation settings such as recreation reserves, stadiums, tennis courts, etc are planned, designed, managed and maintained in such a way as to be accessible and appropriate to the needs of all user groups.	SCS (Rec)	SCS
SPORTS SYSTEMS AND PROGRAMS			
No relevant actions.			

GLOSSARY AND ABBREVIATIONS

GLOSSARY

- Active transport - travel between destinations by walking, cycling or other non-motorised modes²⁹
- Active Travel Officer - a staff person responsible for promoting and facilitating opportunities for people to use active transport such as walking and cycling to schools, work and other places they want to go
- Built environment - aspects of our surroundings that are created or modified by people rather than occurring naturally. Includes our homes, neighbourhoods, schools and workplaces, parks, recreation areas and transport systems (including public transport, footpaths and roads)³⁰
- DALY - disability adjusted life years, or the number of years of perfect health lost through premature death or disability. The more DALYs saved, the longer a person's life and / or the less disabilities they may have.
- Insufficient physical activity time and / or sessions – less than 150 minutes or 150 or more minutes, but fewer than five sessions.³¹
- Life-course (life-span) approach to physical activity - encouraging regular and adequate physical activity from youth to old age. Involves maternal health and pregnancy outcomes, child and adolescent health and various settings for physical activity³²
- MET – a unit that describes energy expenditure of a particular activity. One MET is the rate of energy expenditure at rest. An activity that expends five times as much energy as when the body is at rest is classified as a five MET. If a person takes part in this activity for 20 minutes, then they have achieved 100 MET minutes. In order to achieve health benefits, people need to expend a minimum of 500-1,000 MET minutes per week³⁸.
- Moderate physical activity - activity at a level that causes your heart to beat faster and some shortness of breath, but so that you can still talk comfortably while doing the activity. Includes brisk walking, bike riding with friends, skateboarding and dancing.³³
- Physical activity - 'any bodily movement produced by the muscles that results in energy expenditure.'³⁴ May include sporting activities and exercise, as well as incidental activities such as walking, cycling, playing, gardening, housework, etc.
- QALY - quality-adjusted life years or the number of years of life in perfect health saved. QALYs are primarily used to assess the value for money of a particular intervention, which then determines how many years of life would be saved by the intervention.
- Sedentary behaviour - activity characterised by a sitting or reclining posture and low energy expenditure such as watching television or sitting in the workplace.³⁵
- Sufficient physical activity time and sessions – 150 minutes and five or more sessions.³⁶
- Vigorous physical activity- activity at a level that causes rapid heartbeat and shortness of breath that makes talking difficult between deep breaths so that you 'huff and puff'. This might include football, netball, soccer, running, swimming laps or training for sport.³⁷

ABBREVIATIONS

BCH	Bellarine Community Health	PTV	Public Transport Victoria
BHR	Bellarine Historic Railway	PV	Parks Victoria
BoQ	Borough of Queenscliffe	QSC	Queenscliff Senior Citizens
BoQ	Borough of Queenscliffe	QSS	Queenscliff Sea Scouts
CAH	Colac Area Health	RDV	Regional Development Victoria
CoGG	City of Greater Geelong	SCS	Surf Coast Shire
COS	Colac Otway Shire	SRV	Sport and Recreation Victoria
DELWP	Dept. of Environment, Land, Water and Planning	TGGB	Tourism Greater Geelong and the Bellarine
GPS	Golden Plains Shire	TV	Tourism Victoria
HTG	Healthy Together Geelong	WestVic PHN	Western Victoria Primary Health Network
OH	Otway Health		

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