Every body active

Why this is important

Regardless of age, identity or ability, being physically active improves overall health and wellbeing. For children and young people, physical activity is crucial for healthy growth and development, supporting motor skills, coordination and thinking. Being active improves sleep, increases energy levels and fosters a sense of wellbeing.

Regular physically activity strengthens bones and muscles and reduces the risk of falls and injuries, boosts our mood and reduces symptoms of depression, anxiety and supports stress management. Group activities foster social connections and helps build a sense of community.

Existing evidence tells us that:

- 38% of Banyule adults undertake at least 150 minutes of moderate to vigorous physical activity per week
- Perceptions of good physical health decreases with age. After 60 years of age, participation in physical activity declines rapidly
- For a range of people, barriers including physical accessibility, physical, psychological and cultural safety and affordability inhibit opportunities to be physically active.

Our community have told us they want

- Equitably available sports and recreation resources
- Upgrades to parks, newly created walking tracks, crossing points and bike lanes, and maintained ovals and playgrounds
- Innovative opportunities to increase activity, social connection and strengthen community spirit
- Plans for an ageing population, as well as for children and young people
- More low cost, gentle exercise and connections to nature for all abilities
- Better connectivity of existing parks and tracks with public transport

Objectives for every body active

- Make the benefits of active living accessible for all bodies
- Diversify the range of free/affordable inclusive and accessible choices
- Improve wayfinding and promotion to help people connect
- Increase tree canopy cover
- Support people to exercise socially and safely