

Physical Activity Plans

What Are They and Why Have One?



What is a PA Plan?



- A strategic planning document
- Identifies physical activity (PA) as a priority
- Contains actions to raise awareness and increase physical activity
- Takes a Whole of LG approach



What is a PA Plan?



- A PA Plan identifies
 - Existing resources
 - Community needs and barriers
 - Strategies and actions to increase PA
 - Measurable goals, timeframe for action and priorities for action



How is this different to other plans



- A PA plan spreads the breadth of local governments including:
 - Facilities & infrastructure
 - Participation, services and programs
 - Town planning and urban design
 - Transportation
- Recognises casual recreation, incidental activity, unstructured PA (Walking)

How is this different to other plans

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- Greater emphasis on programs and services
- Based on population health issues
- Can involve partnerships in transport, environment, education and commercial sectors



How does it link to other plans?

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- Structured to suit the LG and existing plans
- PA Plans can be:
 - Aligned with the objectives of the Council strategic plan
 - Linked to leisure/recreation plan
 - Linked to the PATF strategic plan
 - Linked to Council local laws
- PA Plans provide the link between other plans

Benefits of having a physical activity plan



- Provides a comprehensive long-term approach to PA
- Helps ensure LG departments/units work together
- Helps identify and build links with external agencies and other LGs
- Improves resource management

Benefits of having a physical activity plan

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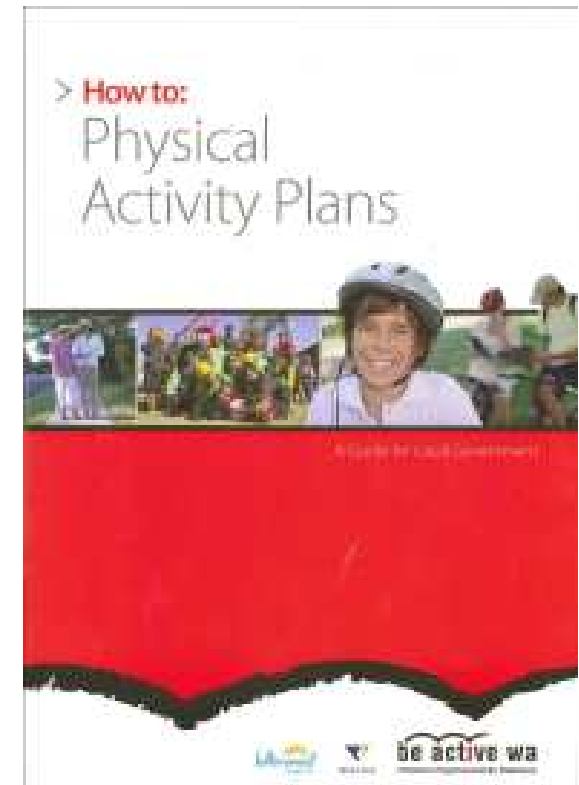
- Creates direction and priority
- Targets spending on activities with greatest impact
- Provides strong foundation and support for funding applications



How to develop a PA Plan



- Steps involved in developing a PA plan
 - Preparation and data collection
 - Community consultation
 - Writing the plan
 - Getting the plan endorsed
 - Implementing the plan and keeping it alive





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