

South Australian Active Living Coalition



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The South Australian Active Living Coalition was formed in 2008 and includes Government and non-Government organisations aiming to improve the health and well-being of South Australians.

Why was the Coalition formed?

Government and other agencies need to work together to develop public policies and plan neighbourhoods that support active living.

Active living is a way of life where physical activity is part of our daily routine. This can be achieved when neighbourhoods are planned so that people can easily walk or cycle to schools, shops, parks, and public transport. This means healthier lifestyles for local residents, a more social neighbourhood and it provides both economic and environmental benefits.

What does the Coalition do?

The Coalition partners work together to create neighbourhoods that encourage everyone to be out and about being active in their communities, towns and cities.

How does the Coalition do it?

- Work with Government, agencies and communities to make sure active living is on the agenda.
- Look at ways to include active living into Commonwealth and State Government policies that influence the design, development and management of the environment.
- Work with property developers to make active living part of new residential developments and urban renewal projects in South Australia.
- Identify and support research opportunities about the benefits of building active communities.

Making a Difference – Lightsview Residential Development: a case study

The Coalition is working with the Land Management Corporation and the Canberra Investment Corporation to give Lightsview residents a community that encourages a healthy, active lifestyle. Some aspects of inner-city suburbs which research shows encourage people to be active have been planned for Lightsview.

These include:

- easy access to local shopping (no need to drive the car just to buy a newspaper)
- parks within close walking distance of all homes
- streets that are pedestrian and cycle friendly for all ages and all skill levels
- an off-road shared walking/cycling path
- housing discreetly overlooking streets and parks for community safety
- good lighting in all public spaces.

The Coalition has also been working on making commuting by bike to the city or the River Torrens easier by improving the main road crossings on the BikeDirect 'blue routes'.

The Coalition believes that by working cooperatively in the design and construction of Lightsview, residents will be able to skip the traffic and spend more time actively getting where they need to go.

Members

The following organisations are members of the Coalition:

- Department of Health
- Heart Foundation
- Land Management Corporation
- Office of Recreation and Sport
- The Department for Transport Energy and Infrastructure – (Office for Cycling and Walking and TravelSmart)
- Planning Institute of Australia (SA Div)
- Local Government Recreation Forum
- Cancer Council of SA
- Planning SA

Further Information

Please contact the Heart Foundation on 8224 2888 or visit www.heartfoundation.org.au.