

Increasing active living

Victorian Public Health and Wellbeing Priorities 2023 - 2027

What we are all working towards:

Use healthy design in city planning to encourage walking and biking, which will make people healthier	Improve safe access to parks, public open spaces and recreation opportunities in nature and provide opportunities for Victorians to connect with nature
Increase participation in sport and active recreation, with a focus on Victorians who face barriers to participation	Promote movement and reduce sitting time in workplaces, schools, at home and during leisure time

What’s happening Banyule?



55.5% of Banyule adults undertake the recommended amount of physical activity per day



Perceptions of good physical health decreases with age. After the age of 60 years participation in physical activity declines rapidly



Banyule residents are more likely to enjoy exercising in a park and gym, cycling and swimming.

