

Physical Activity

Physical activity is necessary for mental well-being and physical health. Benefits of physical activity include improvements to circulation and cardiovascular health, increased fitness and mobility, and greater states of health and well-being. Regular exercise can also reduce injuries and complications arising from both manual and sedentary work. Access to open spaces and participatory sports should be extended and maintained.

Aims

The Greens (WA) want:

- to ensure new housing subdivisions are designed to encourage walking, cycling and other forms of active transport to the nearest public transport nodes (see also The Greens (WA) [Planning](#) policy)
- equitable access to opportunities for appropriate physical activity for all people, regardless of location, ethnicity, age, gender or physical and mental ability (see also The Greens (WA) [Disability](#), [Cultural Diversity](#) and [Women](#) policies)

Measures

The Greens (WA) will initiate and support legislation and actions that:

- implement the [Greens Bike Vision 2029](#) for new education programs and infrastructure that provide safe routes to every school in Perth, and that safely connects people to train stations, shopping centres and employment hubs by bike (see also The Greens (WA) [Transport](#) policy)
- complete the Perth Bicycle Network
- ensure that schools are located so as to enable students to walk and ride to school and to participate in other initiatives such as Walking School Buses¹
- revive the 'TravelSmart' program² and provide funding for other such behaviour change programs
- push for increased funding for sports facilities and community halls in lower socio-economic suburbs, rural areas and remote townships
- support initiatives to increase available including developer requirements for public open spaces that include usable active spaces
- discourage the corporate sponsorship of physical activities and sports by companies whose aims and/or products are inconsistent with the goals of improved community and environmental health
- encourage relevant peak bodies such as the WA Sports Federation to have designated board positions for women, older people and people with disabilities
- support programs that encourage young women to continue sporting and other physical recreational pursuits beyond early secondary schooling (see also The Greens (WA) [Women](#) and [Gender Identity](#) policies)
- encourage monitoring strategies for equal opportunity and anti-discrimination principles to be applied to the administration of all sporting organisations

- provide funding for disadvantaged families to attend physical activity programs
- ensure that physical activity programs in primary and secondary schools are funded, maintained and improved (see also The Greens (WA) [Education](#) policy)
- provide after-hours access to school sporting facilities

(See also the Australian Greens [Sport and Physical Education](#) policy)

Glossary

1. [Walking School Bus](#) – coordinated through the Department of Transport's TravelSmart Program, this is a supervised walking group of students who are escorted to school by parent volunteers, who pick them up along the route in the morning and return them in the afternoon.
2. **TravelSmart** - was the Department of Transport's urban transport demand management initiative that worked with local government to replace short car trips by promoting cycling, walking and public transport. It used "dialogue marketing" in people's homes to discuss travel choices and habits, and ways to change

Physical Activity policy ratified by The Greens (WA) in 2021

The Greens (WA) physical activity spokesperson is [Diane Evers MLC](#)