

Call to action

for a more
physically active Australia

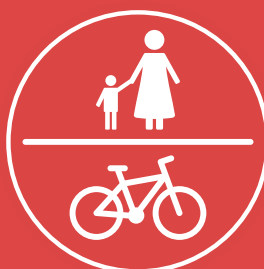
6

priorities

Action Plan



Active Transport



Walking Incentives



Active Schools



Health Carer Training



Movement Campaign



Recommended actions to
help Australians to move more

Australian Physical Activity Alliance 2025 Call to Action

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Fund development and implementation of a National Physical Activity Action Plan

Being active is essential for physical, cognitive, and psychological health and development. However only 22% of Australian adults meet the physical activity guidelines. A plan can help boost physical activity.

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Implement a National Active Schools Fund

Being active at school supports learning and promotes child health and wellbeing. However children spend up to 80% of the school day sitting. A fund to support children to be active can help address health inequities.

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Implement a Nationwide Active Transport Infrastructure Program

Making streets safer, especially around schools, and boosting active transport will enhance health, wellbeing and the economy by reducing inactivity, traffic congestion, and CO2 pollution.

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Fund physical activity pre- and post-service training programs for health professionals

Physical activity promotion by health professionals can increase patients' activity and is cost effective. But many health professionals don't speak about physical activity benefits, lacking knowledge, skills or confidence.

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Commit ongoing funding to national walking programs

Walking is the most prevalent active recreation reported by adults. Walking is accessible, low impact, and inexpensive, and walking programs help people to connect socially and increase physical activity safely.

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Fund implementation and promotion of National Physical Activity Guidelines

New 24-Hour Movement Guidelines for Adults and Older Adults will be launched in 2025, incorporating physical activity, sedentary behaviour and sleep, and will need a funded strategy to optimise uptake.