The primary objectives of this plan are:

• To increase the number and range of physical activity and healthy eating opportunities for everyone, specifically focusing on the least active and the disadvantaged through program delivery and policy development.

• To raise the profile of the benefits of physical activity and healthy eating and increase knowledge, awareness and understanding of physical activity and healthy eating initiatives.

• To create local environments that support physical activity and healthy eating initiatives.

• To adopt a multi-agency approach to the planning and delivery of physical activity and healthy eating programs across the City of Belmont by developing and nurturing physical activity partnerships such as the Food Security Coalition.

• To advocate for physical activity and healthy eating both within and external to the City of Belmont.

Increasing and maintaining the number of people who are physically active and eating healthily within the City of Belmont can be expected to result in:

1. Improved physical health
2. Improved social capital
3. Improved mental health
4. Improved social health
5. Improved planning for environments that support physical activity and healthy eating.

Five Action Areas

The Physical Activity and Healthy Eating Plan focuses on five action areas:

1. Program Delivery and Policy Development
2. Community Education
3. Creating Healthy Environments
4. Physical Activity Partnerships
5. Physical Activity Advocacy.
1. Program Delivery and Policy Development

- Develop a regional/municipal-based physical activity project in partnership with... 
- Continue to incorporate a healthy lifestyle component within social events such as the Town Hall dinner...
- Continue to partner with Armstrong and local hospitals to promote walking and other healthy lifestyle activities to local residents...
- Incorporate a healthy lifestyle component into the Let’s Celebrate Festival...
- Develop and appropriately promote a range of trails. This will include a designated list of trails on the website... 
- Continue to support and participate in physical activity events conducted by other organisations such as...
- Investigate providing a dog-based physical activity program and use this as an avenue to promote dog ownership as an opportunity...
- Continue to implement the “Walking Bus” program into local schools...
- Develop, offer and promote physical activity programs that are appropriate for a culturally diverse community...
- Develop a neighbourhood-based physical activity program for seniors...

2. Community Education

- Actions...
  - Provide information on sporting clubs, public spaces and representative opportunities available in the City through the City of Belmont website...
  - Develop, offer and promote physical activity programs that are appropriate for a culturally diverse community...
  - Investigate purchasing outdoor gym equipment. If the investigation is favourable, develop criteria for the purchase and placement of outdoor gym equipment in local parks...
  - Continue to seek and source funding to support the implementation of the City of Belmont Physical Activity and Healthy Eating Plan...
  - Encourage the use of school facilities for community events and recreational opportunities...
  - Continue to support and promote physical activity programs and initiatives that reach the local population...

3. Creating Healthy Environments

- Actions...
  - Develop a financial support program to assist low socioeconomic residents to pay club memberships...
  - Continue to implement the internal fruit run at the Council and promote the initiative to other local businesses...
  - Investigate the feasibility of launching a Community Garden Network or Farmers Market in the City of Belmont, or “Grow your own vegetables”...
  - Develop an incentive scheme for pensioners/lower income earners to purchase fruit and vegetables at a discounted rate one day each week...
  - Develop a City of Belmont healthy eating policy that specifies the types of foods to be offered at council-run events (including food stalls at events)...

4. Physical Activity Partnerships

- Actions...
  - Endorsed by Council: 22 November 2009

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This Plan was developed by Stoneham and Associates www.stonehamandassociates.com.au