Let's get moving...

one-page summary

The following principles will guide how we will work to best support people to move more in the city:

Working together

We will enable opportunities for people and organisations to work together to address the complex barriers that prevent people from moving more

A 'whole-system' approach

We will develop plans that reflect the important roles that education and learning, housing, employment, services, and our built and natural environments have in enabling people to move more

Empowering communities

We will strengthen the capacity of people in the city to play an active role in supporting people to move more

People focused

We will work with local people to develop plans and services, and ensure these are guided by their experiences

Championing equality, inclusion and diversity

Through the delivery of strategy we will champion equality, celebrate diversity, promote inclusion and encourage others to do the same

Driven by insight

We will use local data, feedback and evidence to understand impact and share what works



to make sure physical activity is at heart

of starting, living and ageing well in the city

Improved physical health

Reducing risk and prevalence of preventable long term conditions

Outcomes

Improved mental wellbeing

Improved mood and increased resilience

Economic Benefits

Creates jobs, reducing sickness, placemaking

Empowered individuals

Improved education outcomes. Community involvement

Stronger communities

Brings people together, reduces loneliness

A more sustainable city

Cleaner air, decarbonisation