



your move

Get active your way



Congratulations Wanneroo!

On successfully making a move – your way

Your Move Wanneroo was successfully delivered by the Department of Transport (DoT) and the Department of Sport and Recreation (DSR) within the City of Wanneroo between February and December 2015.

The program was funded by DoT, DSR and the City of Wanneroo, with support provided by the Public Transport Authority, HBF and the RAC.



STATE GOVERNMENT



LOCAL GOVERNMENT



PRIVATE SECTOR

\$2.4m

INVESTMENT

(State, Local Government & RAC)

Your Moves' aims for Wanneroo



Alleviate local traffic congestion



Use existing infrastructure better



Increase the community's physical activity levels



Build a more connected community

A few of Wanneroo's major achievements

61%

Of participants achieved their active transport plan

↓ 5.5%

Reduction in car trips per participant

59%

Of participants achieved their physical activity goals

↑ 9min

Average increase of physical activity per person per day

Participants



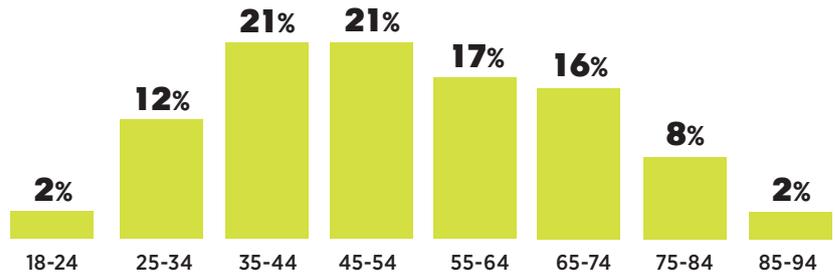
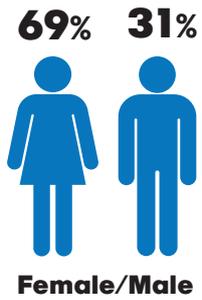
10,556

registered households

72%

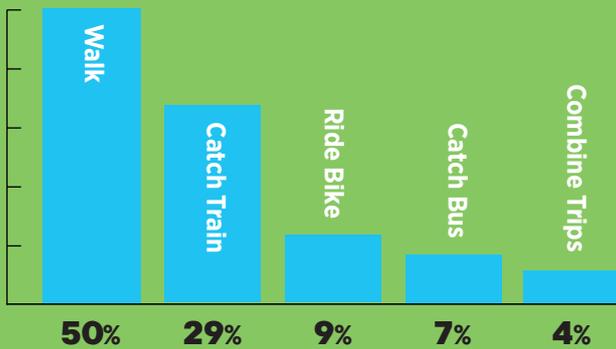
completed the program

Demographics

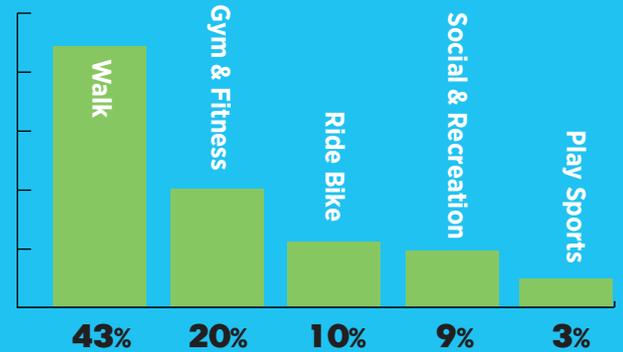


Goals

Active Transport



Physical Activity



Transport Results

Local Traffic



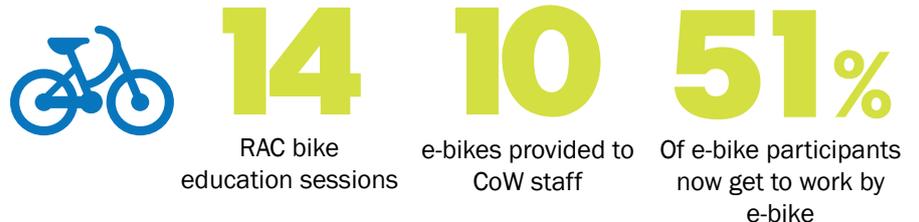
SmartRiders



Your Move



RAC



Infrastructure



Physical Activity Results



Shift from being insufficiently active to now meeting the recommended physical activity guidelines*

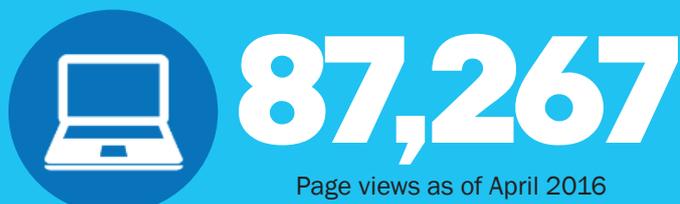
*Doing more than 150 minutes of physical activity per week



Fitness Sessions



Web & Social Media



Community connections



Public Transport Authority



Government of Western Australia
Department of Health



What Wanneroo participants said about Your Move...

"I found the bike maps very helpful that you sent out. I think bike riding along the bike paths is a safer option for residents and that Wanneroo is more of a bike friendly area."

Before Your Move, one participant had never used public transport. Now she rarely drives and uses public transport every day so she can fit in more exercise. She thinks this program is "great" and "an amazing idea".

One participant has used up the free credit on her Smartrider and made public transport a regular part of her week - it's much cheaper and more convenient than driving! She realised she's lost weight through the incidental walking she's doing. It's had a domino effect and she's now eating healthier and living a healthier, more active lifestyle.

A participant said his whole family is getting more active and thinking more about active travel, they appreciate the program's support. He is now catching the train to work too!

One participant found the resources really useful, downloaded the Transperth app and has started using public transport again for the first time in a long time.

"Getting the pack and the follow up calls really made me think that I should be doing something to be active. So I started and it all snowballed from there."

93%

of participants would **recommend** Your Move to others

73%

of participants said Your Move has **changed their lives for the better**

One participant started talking to people in the park where she would go for walks and asked them to join her for a walk. This is how she formed her "dog group". The dog walking group meet up after work for coffee and then they go for a walk along the beach.