

TASKFORCESUBMISSION: submission

NAME: Tom Luckman

POSITION: student

ORGANISATION:

SUBMISSION1: I speak as a young Australian medical student who is concerned for the health and wellbeing of Australians now and into the future. The taskforce discussion paper states that "overweight and obesity now affects over 60% of Australian adults and one in four children". In 2006, obesity alone cost Australia 2.1 billion dollars (cycling promotion fund). The World Health Organisation recommends adults should have 30 minutes of regular moderate physical activity on most days to reduce the risk of lifestyle related diseases. I believe in cycling as a practical form of transport that (amongst having many other benefits) promotes good physical health. Commuter cycling is the perfect opportunity for Australians to engage in physical activity whilst traveling to work/school/uni, whilst interacting with their social environment and whilst enjoying themselves. I call on the Federal Australian Government to immediately make cycling promotion a national objective for the sake of the health of my fellow Australians.

PRIVACY: yes

SUBMIT: Submit