SLIDE Introduction

Move Smart I am going to talk mainly about transport and food miles because these are two things you can affect now! Behaviour follows infrastructure follows behaviour

SLIDE Bad news face

So that was the bad news – peak oil, climate change (Australia the worst emitters in the world 28 tonnes per person and also the most obese), global economic crisies and so on.

SLIDE Good news face

This being Living Smart we acknowledge the problem and look for a positive outcome.

So what amazing new invention can we come up with that might help us address some of these problems?

SLIDE Tim’s cartoon

How about bikes? If this seems a bit frivolous let’s look at how bikes can help us tackle so many of the problems we face. Bike epiphany

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CO2 emissions from cars make up about 50% of all transport emissions

Note that a fuel efficient car uses about a third of the fuel of a high powered car

Bus or train 1 sixth to one 20th of the carbon of driving your own car

A bike on the other hand is the most efficient form of transport known and even more efficient than any animal.

SLIDE vegemite sandwich

Vegemite sandwich analogy

If someone asks you how you are getting to a destination and you answer “I’m taking the car” that’s exactly what you are doing. Its not the car taking you. As your body weight is about 1 forthieth of your car about 98% of the oil used and emissions annually get used up moving the car. It actually makes almost no difference whether you are in it or not. Just think of the energy used in pushing your car off the road when it breaks down

SLIDE lots of trendy people on bikes

Healthwise

It is recommended we have a minimum of ½ hour of exercise a day. This 30 minutes of moderate exercise cuts 5-8 years off your life, decreases illness and injury, increases quality of life, combats obesity, heart disease, type 2 diabetes.

Half an hour is about 10 – 15 kms on a bike

Consider that in Australia about 50% of car trips are under 5kms (15 min cycle) , 30% are in fact under 3kms (6 min cycle) A recent survey of a car park in Cottesloe show that 30% of cars had travelled less than 800 m to get there.

All these trips could be done on bikes and improve the health of the nation.

SLIDE depression picture

Mental health – Depression affects an estimated 1 in 5 people over their lives. In clinical trials half an hour of moderate exercise is shown to be as effective as some antidedpressants

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Saving money

Owning and running a care uses about 15% of the annual family budget which comes to over $15,000 annually (if you own one car) By reducing car use you can save from $2,000 to $10,000 annually – not to mention the cost of gym membership!

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Overcrowding and traffic congestion

Approximately one third of urban landscape is taken up by parking and road infrastructure. Alex figured out that the parking areas in his small complex was tying up over $100,000. Australia recently approved 8 billion to extend and upgrade roadways, despite the fact that there is no where in the world where more and better roads have led to less traffic congestion.

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According to Enrico Penulosa– the mayor of Bogatar the thing that distinguishes a developed country from a third world country is that in the 3rd world country they are building more cars and bigger roads, where as in the developed nations they are trying to get cars off the road and reclaim the space.

SLIDE

And lastly TIME  
Remember in week one one thing people wanted to change in their world was time. In all the LS courses I have run the main reason people give for not using public transport and bikes.

However consider –

1 for trips less than 5 km (particularly in CBD areas) a bike is physically quicker (physio example)

2 if you add in the cost of running and owning a car you have to spend less time having to work to pay for it

3 there is the time and $$ you don’t have to spend at the gym

4 the extra 5-8 years you get added to your life!

So the time issue in my experience has not been accurate

Plenty of reasons why bikes are a good form of transport. Why don’t we use them more?

I’ll have a quick look at the reasons why

only 3% of moving people around in Aust happens on bikes.

One in 10 people ride a bike once a year

What things get in our way?

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The distance is too great

SLIDE

It is too hot and dusty

SLIDE 16

Too wet

SLIDE

Too much to carry

SLIDE

Helmet hair

In fact all of these form part of a condition called

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Cycle Specific Motivational Disorder

Symptoms include tiredness, lethargy, a desire to sleep in or read the paper while wearing a dressing gown . . . .

In other words there are just too many things we put in the way. We’ll go back to that in a minute

SLIDE air travel

A quick word on air travel

Big planes in the 1960’s reduced the cost of air travel by about one third and since then we have come to take air travel as a right or even duty.

As well as the fossil fuel the greenhouse emissions are four times more potent than CO2 – NO2

Again without wishing to condemn all air travel consider the cycle – work really hard, not home much, not part of your community, don’t really enjoy where you live, so when you finally get your four weeks off a year you get away as far as you can (and still don’t become part of your community) and take your $$ out of the Australian economy, come home with a credit card debt and go back to work really hard to pay it off.

Increased numbers of guests at TPF are locals – don’t want to go overseas or drive down south

SLIDE Transperth journey planner and SLIDE google maps directions

Now I am not saying you should never use a car.

Demand follows infrastructure, infrastructure follows demand.

Eg for Shani and I to get here we would have to get ourselves and all our gear here. . . . .

But remember 50% of trips are under 5 kms, 30% are under 3km (and if you are from Claremont 30% are under 800 metres!

Give a plug for the transport journey planner!! – Shani will show people how it works!

Transport seems to be one place where people get really stuck

Consider the goal – you set it by sometimes you just don’t seem to get there

Advanced goal setting

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What shape is this?

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No it is not a square it is a pyramid but looked at from underneath.

I’ll give you a more practical example

I never used to be interested in gardening I felt like I was too busy and the last thing I needed was another hobby . . . . .

* This is not my hobby this is my food I could imagine eating things as I was planting them.