Tredwell Management has recently prepared the *Gold Coast Physical Activity Plan 2010-2020 (GCPAP)*. This strategy promotes an active and healthy community which will allow Gold Coast residents and visitors alike to incorporate physical activity in their everyday life. The intention of this document is to provide a workable yet evidence based five year action plan.

Underpinning this Plan is a comprehensive background report which summarises the community consultation findings including research methodology and additional background information. The key issues and opportunities identified through these mechanisms have been amalgamated to form the basis of the *Gold Coast Physical Activity Plan*.

Additionally, the Gold Coast has positioned itself in a unique position, whereby commitment to collaborative investment and action has been embedded in the *Gold Coast Physical Activity Alliance (Alliance)*. This Plan aims to capitalise on the Alliance’s investment and achievements to date including building on the successful outcomes of the previous five year plan.

In summary the Gold Coast Physical Activity Plan (the Plan) outlines six critical elements:

- What is Physical Activity
- Benefits of Physical Activity
- Strategic Context
- Working Together through the Gold Coast Physical Activity Alliance
- ‘Where we are now’ and ‘Where we want to be in the future’
- Achieving our Vision.

**Project Cost:** $50,000  **Project Completion:** 2010

“Tredwell Management were contracted to deliver the Gold Coast Physical Activity Alliance’s - Gold Coast Physical Activity Plan 2010 to 2020. The development of the plan spanned over a period of a year and involved a great deal of community and stakeholder consultation and research. Neil Tredwell was involved in all aspects of the development of the plan and was a pleasure to work with. His knowledge, patience and assistance were invaluable to the development of a plan that is a true representation of the work that the Alliance and Council are committed to delivering to improve the health and physical activity levels of the Gold Coast community over the next 10 years. Neil was very open to our suggestions and ideas was extremely accommodating when the direction for the plan changed throughout its development and was genuinely committed to delivering the best possible plan for the city. I highly recommend Tredwell Management and will be using them again for future work.”

Samantha Hughes, Senior Park Planner Gold Coast City Council