Presentation to IAC

John Merory MB BS FRACP MEnvSci
Grew up in Sydney interested in environmental matters as well as health.
50 years medical graduate
In Melbourne since 1970 watching the beautiful river and creek valleys being destroyed for roads
Masters in environmental science 2000 (Monash)
Special interest in Climate, Environment and Health, replacing car commuting and errands with active transport (cycling and walking) and public transport
Started 3 bicycle user groups (BUGs), including Banyule BUG and Austin BUG
Member of several environmental and medical organisations including those striving for safe climate
Tessa Fluence and her son Leo ride along Sydney Road in Brunswick. JOE ARMAO
Exercise protects your brain

Amyloid Staging. Longitudinal PET scans reveal regions of early (green), intermediate (blue), and late (red) amyloid accumulation. [Courtesy of Mattsson et al., ©2018 American Medical Association.]
Benefits of exercise vs lack of exercise

- heart disease
- circulatory disease
- arterial disease
- muscle - sarcopenia
- bones - osteoporosis
- joints - arthritis
- brain - dementia and stroke, imbalance and fallsment
- Mental Health
Victorian Labor policy 2018

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