

*Creating Healthy Communities Through Design:*

# **Improving Parks and Active Recreation Opportunities**

*Peter Harnik*

*Center for City Park Excellence, The Trust for Public Land*

*National Webinar*

*March 6, 2012*

# "EVOLUTION"

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# Attributes of the Well-Used Park System to Encourage Physical Activity & Health

- **A mixture of uses and a maximum amount of programming**
- **Stress reduction** by calming traffic & emotions
- **Beauty and great design**
- **Proximity, accessibility and co-location**
- **An interconnected park web**
- **Partnerships for health**

1. A mixture of uses and a maximum amount of programming

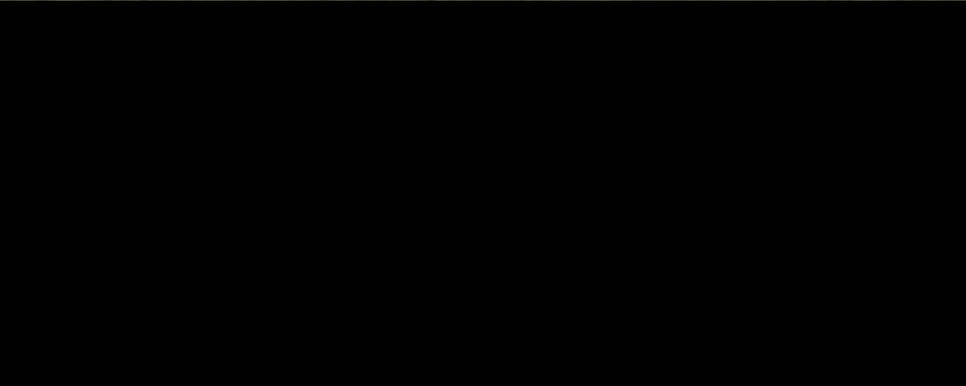


















with the **San Antonio Parks**

[www.sanantonio.gov/pa](http://www.sanantonio.gov/pa)

Shape Up New York



# Louisville's Fitness Parks

Your Guide to Louisville's Parks for Exercise



*City of Parks*



**METRO Parks**  
[www.metro-parks.org](http://www.metro-parks.org)

## 2. Stress reduction by calming traffic and emotions

Raid HATA  
PATH

## Santa Fe Railyard Park

Open 6am - 10pm

Please,

No alcohol consumption in park

No camping or overnight parking

No motorized vehicles except for maintenance

No littering or illegal dumping

Fires in designated areas only

No fireworks

Dogs must be kept on a leash

Pet owners must clean up and properly dispose

of all waste

Excessive noise levels prohibited

Even with all this, you can still have fun!

Call 955.2100 with questions or concerns

Thanks for keeping your parks and trails beautiful.

Mayor's Office 955.6580  
City Manager 955.6509  
Animal Control 955.2700

Questions & Information 955.6949  
Graffiti Hotline 955.2255  
Parks Division 955.2600  
After Hours 731.7045

Police Dispatch 478.3700  
Public Works Department 955.6621  
Stormwater Hotline 955.5844  
[www.santafemn.gov](http://www.santafemn.gov)

# El Parque Ferrocarrilero de Santa Fe

Abierto 6am - 10pm

Favor de:

No consumir bebidas alcohólicas en el parque

No acampar ni estacionar por toda la noche

No usar vehículos motorizados

No se permite dejar un lío ni tirar basura

Fuegos sólo en áreas designadas

Se prohíbe juguetes pirotécnicos

Controlar su perro siempre con correa

Recoger el excremento de su mascota

No se permite ruido excesivo

¡Así todos se divertirán más!

Para más información llámame al 995-2100

Gracias por mantener sus parques y las veredas  
hermosos.

Oficina del Alcalde 955-6590

Gerente Municipal 955-6508

Control de Animales 955-2700

Preguntas e Información 955-6949

Línea para Reportar Graffiti 955-2255

División de Parques 955-2100

Durante Horas de Cierre 231-7045

Despacho Policial 428-3710

Departamento de Obras Públicas 955-6621

Línea para Reportar Problemas de

Drenaje 955-5644

[www.santafenm.gov](http://www.santafenm.gov)









**Saturday**



**Sunday**







KLOVE  
BNS

GIRL

ear of r i me!



## 3. Beauty and great design



















Concept 1

Finish Option A

Selected Sign Types

Scale: 1/8"=1'-0" & 1/2"=1'-0"



Primary Orientation and Information Directory  
Scale: 1/8"=1'-0"

Overall Sign Height x Width: 7'-7" x 5'-4"  
Sign Panel Height x Width: 4'-7-1/2" x 5'-0"  
Map Dimensions, Height x Width: 2'-5-3/4" x 3'-10"  
Post Dimensions: 4" x 4" schedule 40



Primary Destination I.D.  
Scale: 1/2"=1'-0"

Overall Sign Height x Width: 7'-0" x 6'-0"  
Sign Panel Height x Width: 4'-0" x 6'-0"  
Post Dimensions: 6" x 6" schedule 40



- \* Plastic caps are removed from drilled and tapped holes.
- \* Eyelets are threaded into vertical supports to fasten banners.

Primary Destination I.D. w/ banner installed  
Scale: 3/8"=1'-0"



Pedestrian Directional  
Scale: 1/2"=1'-0"

Overall Sign Height x Width: 6'-0" x 4'-4"  
Sign Panel Height x Width: 5'-7" x 3'-4"  
Post Dimensions: 4" x 4" schedule 40



Secondary Destination I.D., Minor #3  
Scale: 1/2"=1'-0"

Overall Sign Height x Width: 6'-4-1/2" x 2'-2"  
Sign Panel Height x Width: 2'-10" x 1'-0"  
Post Dimensions: 4" x 4" schedule 40

## 4. Proximity, accessibility and co-location



Lake Formosa  
Neighborhood  
Established 1911



DC LAW  
STOP FOR  
IN CROSSWALK

RAISED CROSSWALK



FENTY



# FREEWHEEL BIKE MIDTOWN BIKE CENTER

CLOSED

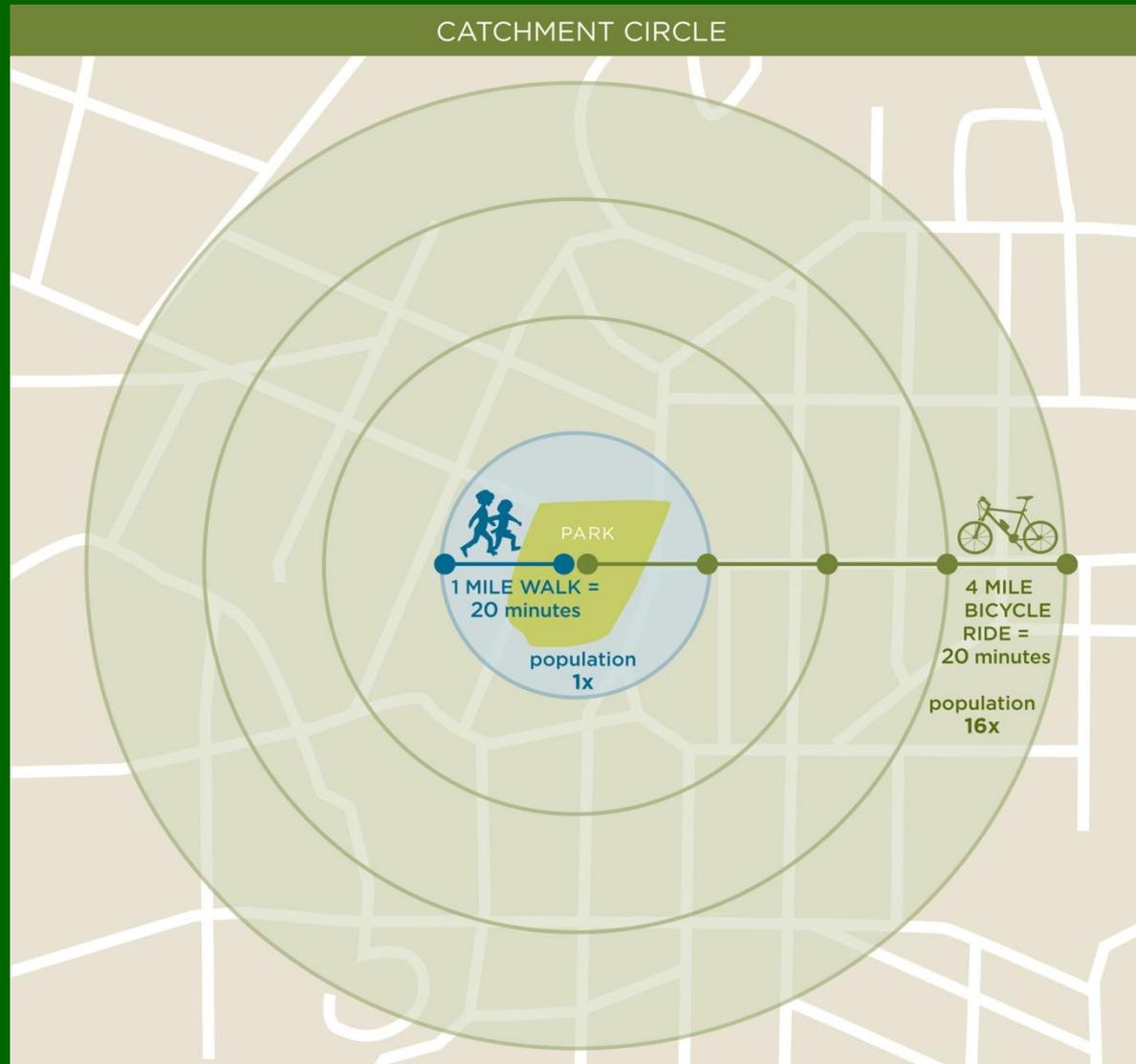


PIZZA  
STORE HO





# Bicycle access extends the “reach” of a park 16-fold over walking.

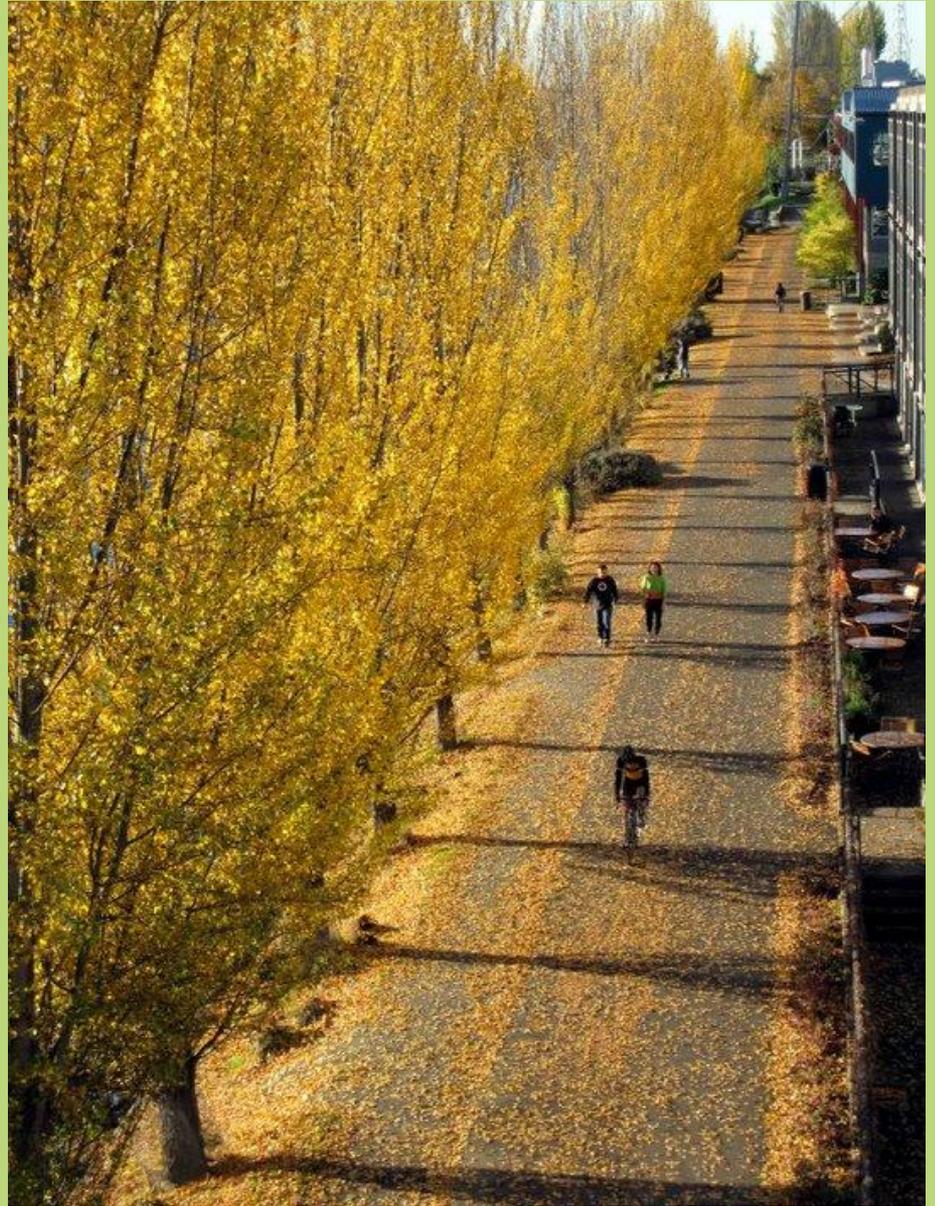






## 5. An interconnected park web





## 6. Partnerships for health



# The Medical Mile





# The Medical Mile



 **Heart Clinic  
Arkansas**

### The Medical Mile

In response to the growing rate of heart disease and obesity in Arkansas, the physicians of Heart Clinic Arkansas raised \$2.1 million for the Medical Mile from 2008-2009 from hospitals, insurance providers, health coalition, medical associations, individual physicians, and business owners.

The purpose of the Medical Mile is to highlight the connection between healthy lifestyle choices and prevention of disease. By providing health education and encouraging exercise, the Medical Mile aims to decrease heart disease by reducing obesity, diabetes, and hypertension.

The Medical Mile is dedicated to our patients and to the citizens of Arkansas.

|   |  |
|---|--|
| <small>F. Anthony Bennett, M.D.<br/>T. Eric Bennett, M.D.<br/>Charles W. Clouston, M.D.<br/>Margaretta Chalko, M.D.<br/>J. Lynn Davis, M.D.<br/>Christopher Dean, M.D.<br/>Yusef B. Elmehrik, M.D.<br/>David D. Goffin, M.D.<br/>David C. Hicks, M.D.<br/>Randall F. Humbley, M.D.<br/>Steven W. Hutchinson, M.D.<br/>Randall A. Jordan, M.D.<br/>Elianaur E. Karamanli, M.D.,<br/>*Honorary member</small> | <small>James C. Keston, M.D.<br/>Andrew C. Kumpfer, M.D.<br/>Robert A. Lambert, M.D.<br/>Jon F. Lindeman, M.D.<br/>Lester D. Moore, M.D.<br/>Donald J. Mouchon, M.D.<br/>Tara E. Murphy, M.D.<br/>Alan N. Owsen, M.D.<br/>James F. Sheffield, Jr., M.D.<br/>Stephan M. Sidelinger, M.D.<br/>David E. Smith, M.D.<br/>Marilyn L. Atkinson, M.D.S.A., CDE*</small> |
|---|--|

\*Honorary member



FROM FITNESS ZONES  
TO THE MEDICAL MILE:  
*How Urban Park Systems Can Best  
Promote Health and Wellness*



THE TRUST *for* PUBLIC LAND  
CONSERVING LAND FOR PEOPLE



**For more information:**

*Peter Harnik, Director  
Center for City Park Excellence  
Trust for Public Land  
660 Pennsylvania Ave. S.E., Suite 401  
Washington, D.C. 20003  
202-543-7552  
[Peter.Harnik@TPL.org](mailto:Peter.Harnik@TPL.org)*



**For more information:**

*[www.TPL.org/ccpe](http://www.TPL.org/ccpe)*

