

Ethan Appelgren

Landscape Architecture

Freshman

The Value of Invigorating Landscapes

The design of a landscape is what shapes its purpose. In the modern and urban environment of today, this still rings true. Landscapes still have the potential to shape the attitudes and actions of those that inhabit them, just from the pedestrian interactions that they have with their surrounding every day. When we live in a time when obesity and heart diseases, both the results of stagnant lifestyles, are common in our population, it is crucial that landscapes are developed with the topic of active living in mind.

For my midterm, I'll be researching the impacts of certain tools and techniques in landscape architecture that promote and inhibit active lifestyles. This includes the renovation of parks that have fallen into decay, (*Miller, 2009*), the design of communities with walkable connections, (*Cook, Bose, Marshall & Mann, 2013*) and the development of modernized neighborhoods that incorporate physical activity (*Lee, Chanam & Moudon, 2008*). Through this research, I'll be able to develop a better understanding of what makes a landscape stimulate and inhibit an active lifestyle. It is my hope that I will be able to do a proper investigation into how these topics can be tied directly into an urban environment, especially the redesign of parks that have fallen into a dangerous state, as this is a common problem many urban landscapes face.

By comparing both the practicality and sustainability of these environments, I will hopefully gain an understanding of how an environment can restore an active lifestyle in a sedentary community.

Works Cited

Cook, J. A., M. Bose, W. E. Marshall, and D. S. Main. "How Does Design Quality Add to Our Understanding of Walkable Communities?" *Landscape Journal* (2013): 151-62. *Environment Complete*. Web. 22 Sept. 2015. <<http://eds.a.ebscohost.com/eds/detail/detail?vid=8&sid=6bd3e9b4-2ab3-4a49-9aa4-8007e6b7e0f3@sessionmgr4005&hid=4210&bdata=JnNpdGU9ZWRzLWxpdmU=#db=eih&AN=94763518>>.

Miller, Lynden B. "All Over Town: The Conservatory Gardens and Other Projects." *Parks, Plants, and People: Beautifying the Urban Landscape*. New York: Norton, 2009. Print.

Lee, Chanam, and Anne Vernez Moudon. "Neighbourhood Design and Physical Activity." *Building Research & Information* (2008): 395-411. *Scopus*. Web. 22 Sept. 2015. <<http://eds.a.ebscohost.com/eds/pdfviewer/pdfviewer?sid=8ceb2ee2-ac2b-4701-a156-71a87db6332e@sessionmgr4004&vid=9&hid=4210>>.

"Mississippi Landscape Architecture Community to Promote Active Living and Good Design to Students, Boy Scouts | Asla.org." *Mississippi Landscape Architecture Community to Promote Active Living and Good Design to Students, Boy Scouts | Asla.org*. 13 Apr. 2005. Web. 22 Sept. 2015.

"Whittier Greenway Trail." *RRM Design Group*. Web. 23 Sept. 2015.