

REDEFINING URBAN RECREATION FOR ACTIVE LIFESTYLES

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Abstract - The redefinition of urban recreation for active lifestyles is a critical endeavor in contemporary urban planning and design. As sedentary lifestyles become more prevalent, urban spaces need to evolve to encourage physical activity and foster healthier living. This abstract delves into the multifaceted aspects of redefining urban recreation, emphasizing the integration of spaces that promote active engagement. The process involves a comprehensive analysis of urban layouts, identifying opportunities to create pedestrian-friendly environments, designate green spaces, and establish recreational facilities that cater to diverse physical activities. Planners must consider factors such as safety, accessibility, and inclusivity to encourage active lifestyles across age groups and abilities. Additionally, technology integration, such as smart infrastructure and fitness apps, plays a role in enhancing the overall experience of urban recreation. The redefined urban landscape seeks to not only address health concerns associated with sedentary behavior but also to cultivate a sense of community, social interaction, and overall well-being through thoughtfully designed spaces that inspire and support active living. Thus, this study mainly focusses on the planning of active recreation in urban areas for public health outcome. The study is limited only to active recreational activities of walking, bicycling and outdoor gym. As for the method, based on background study and literature review, the factors, variables, and challenges of active recreation planning were identified.

Key Words: Urban Recreation, Active Lifestyle, Urban Planning, Sedentary Lifestyle, Healthier Living

1. INTRODUCTION

The word Recreation is another term extension of the basic word, Recreate. The term Recreate, refers to "to create a new". In most general sense, Recreation means that to recreate something new in people and something that has been lost during people's non-leisure time. Recreation is a body and mind activity which gives relief from tension and fatigue. Regular, uninterrupted work schedules or activities can leave a person physically and mentally exhausted and stressed. Recreational activities relieve fatigue, give new energy, and shape the attitude towards life. Recreation is the experience gained through freely chosen participation in physical, social, intellectual, creative, and spiritual activities that enhance the well-being of individuals and communities (CPRA, 2015) Leisure can be defined as the time getting apart from a person's work,

family, and society which is used for his own individual wills as for either relaxation, diversion, or acquiring his knowledge and involvement is social institution, social participation. It is a free time after the necessities of life. It may be associated with strenuous activity or lack thereof. In short, leisure is the time a person earns by freely doing what he or she likes. A person must be educated to be able to devote his free time to meaningful pursuits. Now a days, the technological advancement has shifted the human priorities. People tends to prefer enjoying passive recreational activities rather than active recreations like sports. The lifestyle of work-academic also push people towards passive recreational activities. The several studies show that, the present society has physical inactivity which turns to lifestyle health issues even among within youngsters. Thus, this research paper mainly focusses on the planning of active recreation in urban areas for public health outcome.

1.1 NEED OF THE STUDY

Regular active recreation provides significant benefits for health. Physical inactivity is the one of the leading risks factors for non-communicable death rates. A noncommunicable disease is one, that is not transmitted by infection or from another person but is usually caused by unhealthy behavior in lifestyles. Noncommunicable diseases (NCDs) include illnesses including cancer, diabetes, chronic respiratory disorders, and cardiovascular diseases (heart disease and stroke). People who are physically inactive have a 20% to 30% higher risk of death than those who are physically active. Regular physical activity improves muscle and cardiopulmonary health, improves bone and functional health, and protects against high blood pressure, coronary artery disease, stroke, diabetes, and many types of cancer, including breast and colon cancer., reducing the risk of depression.

1.2 AIM

To recommend strategies to incorporate active recreation in urban areas with the goal of improving public health.

1.3 OBJECTIVES

1. To study the concept of urban recreation and its relevance.
2. To study the components of active lifestyle.

3. To study the relationship between urban recreation and active lifestyle.

4. To analyze how active recreation can be incorporated in the urban planning process for urban public health outcomes. 5. To develop a set of recommendations on how to better integrate active recreation into urban planning to improve public health.

1.4 METHODOLOGY

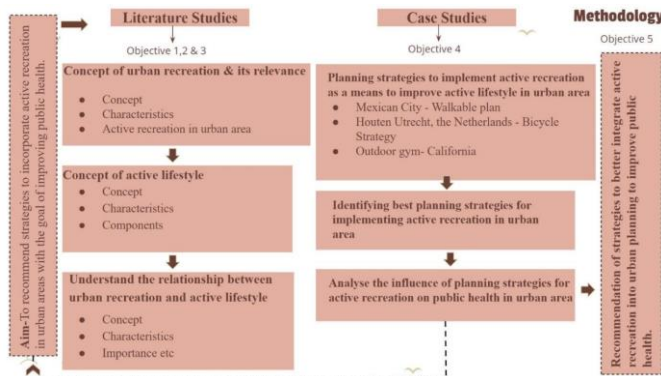


Fig -1: Methodology

2. LITERATURE STUDY

Recreation is refreshment of people's minds and bodies through non-compulsory free time activities, usually in contrast to or as a diversion from day-to-day routines. Recreation activities may be pursued for many purposes, including physical and mental fulfilment, personal recognition, stimulation, learning, and socializing. Recreation takes place in many physical settings ranging from buildings (homes, museums, recreation centers, movie houses) to completely natural environments (mountains, rivers, seashores) The recreation settings discussed here, however, are in or near urban residential areas, usually within one hour's travel time Designated neighborhood, community or regional recreation areas are often important determinants of urban land use and development of community definition and of social life.

People expect balanced, well-distributed systems of recreation land available at neighborhood, community, regional, State, and national levels Recreation and open space lands should be recognized as essential components of urban growth and of efforts to revitalize our cities Open space areas with unique ecological, cultural, or resource production values should be protected wherever found, but not necessarily through public acquisition. People expect convenient and well-maintained recreation facilities which accommodate a wide range of indoor and outdoor recreation activities and programs. People expect urban recreation programs to serve all segments of the urban population. People also want programs to be sensitive to the special needs of many Americans who are senior citizens,

handicapped, or disadvantaged; to recognize the cultural diversity of our communities; and to provide a broad range of year-round opportunities for educational, social, cultural, and recreational activities. People expect park and recreation delivery systems to be well-run, well-financed, and well-used Provision of good recreation services requires good management techniques, sound planning and research, adequate and capable staff, good coordination among providers, and careful budgeting Maximum and efficient use of recreation facilities and programs requires that they be known by potential users and that they be accessible and safe, People expect well-financed and cost-effective recreation services — maximum services at the lowest possible cost.

2.1 CHARACTERISTICS OF RECREATION

In this fast paced and technologically advanced generation, tension and busyness abounds in the lives of many nations. We all need some recreation. Recreation is that which recreates and renews. Recreation should be a time to think new thoughts, not ponder old ills. Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.

- Recreation occurs during leisure
- Recreation is as different as people are different; it is extremely wide and varied
- Recreation is activity; it is some sort of action as distinguished from rest
- Recreation must be voluntary; it cannot be ordered, imposed, or forced
- Recreation has no single form; it offers a variety of choices with endless possibilities
- Recreation is flexible; it can be organized or unorganized; it can be enjoyed in a group or alone
- Recreation to one individual may be work to another
- Recreation involves an individual's attitude, motive, and incentive
- Recreation may occur or not occur; a specific activity may be recreation for an individual at one time, but not at another time
- Recreation is necessary in order for an individual to have balanced growth
- Recreation and work are not the same thing; although an individual may be very happy in his job, it is not possible for that individual's work to be his recreation

2.2 GLOBAL INITITATIVES FOR ACTIVE RECREATION

Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps to prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. In

addition to the multiple health benefits of physical activity, societies that are more active can generate additional returns on investment including a reduced use of fossil fuels, cleaner air and less congested, safer roads. These outcomes are interconnected with achieving the shared goals, political priorities and ambition of the Sustainable Development Agenda 2030.1 The new WHO global action plan to promote physical activity responds to the requests by countries for updated guidance, and a framework of effective and feasible policy actions to increase physical activity at all levels. It also responds to requests for global leadership and stronger regional and national coordination, and the need for a whole-of society response to achieve a paradigm shift in both supporting and valuing all people being regularly active, according to ability and across the life course. The action plan was developed through a worldwide consultation process involving governments and key stakeholders across multiple sectors including health, sports, transport, urban design, civil society, academia and the private sector.

2.3 RELATIONSHIP BETWEEN URBAN PLANNING AND PUBLIC HEALTH

The 19th century was one of the remarkable periods of development. In England during this time rapid development changed the rural area to urbanized, industrialized cities. This affected the structure of society. The industrial revolution witnessed technological, scientific, and industrial innovations of steam engines, railways, machines etc. All these lead to unpredictable expansion of goods production through factory system. There were significant societal consequences, including the dehumanization of work, child labor, pollution, and the expansion of cities with high rates of sickness, squalor, and poverty. Rural living, where farm work required long hours, extremely low pay, and vulnerability to all weathers, also included child labor and poverty. The employees' health and wellbeing declined as the Industrial Revolution progressed. In the 19th century, a movement for sanitary reform that eventually resulted in the foundation of public health institutions emerged in England, the country where the Industrial Revolution and its detrimental effects on health were first seen. London's population quadrupled between 1801 and 1841, whereas population almost tripled. Rising mortality rates accompanied such expansion (Elizabeth, 2005).

The Public Health Act of 1848 established a General Board of Health to furnish guidance and aid in sanitary matters to local authorities, whose earlier efforts had been impeded by lack of a central authority (Elizabeth, 2005). The board had authority to establish local boards of health and to investigate sanitary conditions in particular districts. Since this time several public health acts have been passed to regulate sewage and refuse disposal, the housing of animals, the water supply, prevention and control of disease, registration and inspection of private nursing homes 12 and hospitals, the notification of births, and the provision of maternity and child welfare services (Elizabeth, 2005).

To reduce local automotive traffic and encourage drivers with destinations beyond the area to utilize the large, straight routes that delineated its limits, the community's small tree-lined streets intentionally twisted inward. The area around Perry was made for strolling. No home was greater than a quarter mile away from the closest park, shops. Redburn, New Jersey, designed by Clarence Stein and Henry Wright with clear separations between automobile and foot traffic. (Wells & Donofrio, 2019) In their 1928 design for Redburn, New Jersey, architects Henry Wright and Clarence Stein enhanced the notion of neighborhood units by incorporating parks with pedestrian and bicycle traffic. The front of each housing unit was orientated to face a central green area, which served as both the focal point and the organizing concept of the entire layout. They did this by flipping 17 the usual residential site plan. Along with being social and recreational features, the cycling and pedestrian trails that wound through the open area served as direct routes to Redburn's school and shops. Hence it can be understood that urban planning is a key contributor to public health. Through this, it is evident that the from historical perspective to the present urban planning has a significant role in health benefits.

2.4 IMPLICATIONS OF URBAN PLANNING AND HEALTH BENEFITS

In the middle of the 19th century, the idea of boosting health in urban populations by reducing exposure to disease causing factors was first put into existence. The negative impacts of 20 urbanizations and industrialization gave the first indication of intimate relation between urban planning and health benefits. During industrialization, the planners were trying to reduce harmful impacts of such congestion, pollution, unhygienic conditions etc. But at present, the current issue of society is physically inactive people. Hence the scenario has been changed, the vision of urban planners has changed to another health issues of society. Many people were concerned in how physical, social, environmental variables could encourage more active, healthier cultures considering physical inactivity, obesity, and the associated health effects. Even though it has long been known that being outside is associated with more intense physical activity than being indoors, recent study has looked at how neighborhood characteristics may be related to physical activity. From numerous studies here are the some of the implications of urban planning on public health.

2.4.1 Disease Control

The first effect of public health concerns on urban design is the requirement to combat illness. Housing that was suitable and essential services like security were lacking in the burgeoning industrial cities of the 19th century. Industrial employees were housed in small quarters with little ventilation or natural light. Typhoid fever, cholera, yellow fever, and TB were all common in this setting and caused severe human and financial harm. In the 19th century, health

reformers' work helped to highlight the need for illness management. Their goal was to restore sunlight, clean water, open spaces, and fresh air to the city. So, the unhygienic conditions of urban poor lead to urban planners to take a quick action to reduce diseases. By proper planning we could control public diseases and the planning helps to regenerate a healthy community. Urban planning provides healthier environment. When the surrounding we live become healthier, the people we live also become more active which leads to compact health issues.

2.4.2 Accident Reduction

Urban planners have long been concerned with measures that reduce injuries due to accidents. The accident-reduction policies that are most traditionally aligned with the concerns of planners include such issues as traffic control and planning, pavement standards, planning for fire 21 stations and standards for playground equipment. A more effective approach recognizes the interaction between humans and the environment. The accident reduction is not only about the traffic control, but it also associated with the equipment we use in a public area. Even a footpath design with incorporating disable friendly designs, senior citizen friendly surrounding also impacts on the health benefits by reducing unknown accidents.

2.4.3 Safety

Creating safe areas in some shape or another has long been a goal of urban planners. However, planners now confront a new problem as crime rates increase and more people worry about their safety. Improving the design, planning, and administration of public spaces so that they are visible, accessible, and well-utilized by the public is one strategy to counteract the atmosphere of fear and desolation in public areas. Building regulations and other measures have significantly increased community safety. Planning may help to create safe surroundings, as evidenced by laws that prohibit the use of asbestos in construction materials and those that aim to reduce household accidents via design.

2.4.4 Fragmentation

Urban communities now seem more fragmented because of urban development initiatives. Fragmentation has two sides; on the positive impact the communities are getting development opportunities through the development projects. On the other hand the fragmentation inversely effect the urban fabric. The creation of urban voids is the one of the adverse effects of fragmentation, thus the community feel less safety to engage in communal activities.

2.4.5 Pollution

Even though the sustainable planning impacts an urban area in a healthy way, the other planning area of development may cause adverse effect on urban areas. The planning of

industries and transportation planning contributes pollution to it. But the thing is that as its negative aspects, it also has solution as sustainable planning areas to balance the aftereffects. Urban planning 22 both contributes to pollution of the air, water, and other forms while also helping to prevent it. A large portion of the industrialized world now relies mostly on automobiles for transportation.

2.4.6 More Green Areas

The urban planning gives more planned green spaces in urban area planning. While the development happens, at the same time greener, active spaces are creating. Those spaces impact healthy wellbeing. The street attractiveness, comfort, visually appealing areas tends people to be more active in the society.

2.4.7 Active Community

Planning of open parks, green spaces along with consideration of every age segment of society tends people to socially active. Being a socially active community helps to reduce health issues causing by physical and mental inactivity. The provisions of social active places, a place for community activity engages different sectors of people at a place. In such places the knowledge exchange, communal activities etc. will happens which make people to engage in activity.

2.4.8 Proximity

The greater rate of physical activity is demonstrated by the proximity of recreational areas. Numerous studies have demonstrated that those who have access to recreation areas with facilities for physical exercise are more likely to reach recommended levels of physical activity and are less likely to develop other diseases like obesity. For health benefits people tends to live in having recreational facilities. Thus, the different land use development will happen.

2.5 CHALLENGES OF PHYSICAL ACTIVITY IN URBAN PLANNING

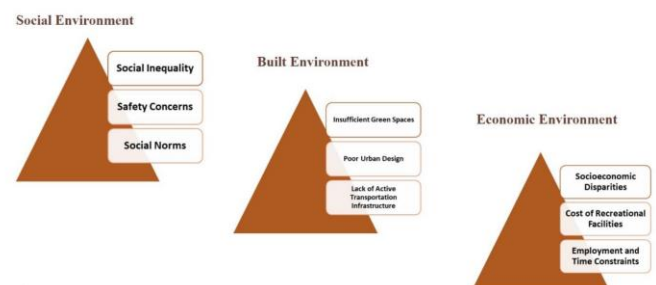


Fig-2: Challenges

2.5.1 Social Environment

Numerous elements of the social environment, including socioeconomic position and equity, are known to have an

impact on physical exercise participation. The tendency for socioeconomic class to be negatively correlated with recreational physical activity may be due to lower-income people having less free time and less access to parks and gyms. Culture has an impact on attitudes and ideas about who should exercise and what kinds of physical activity are suitable for certain sexes, age groups, and social groupings. When family, friends, co-workers, and others are there to support and encourage them, people are far more inclined to be active. Opportunities to improve social cohesiveness in neighborhoods, communities, and regions are provided by physical exercise.

2.5.1.1 Social Inequality

Social inequality poses a substantial challenge to promoting physical activity in urban planning. Disparities in access to recreational facilities, safe public spaces, and active transportation options disproportionately affect marginalized communities. Limited resources, unequal distribution of amenities, and safety concerns contribute to an environment where certain populations face barriers to engaging in physical activity. Addressing social inequality in urban planning involves creating inclusive spaces that cater to the diverse needs of residents, fostering a sense of community, and ensuring that all individuals, regardless of socioeconomic status, can benefit from the health advantages associated with active lifestyles.

2.5.1.2 Safety Concerns

Safety concerns present a formidable challenge to promoting physical activity in urban planning. Fear of crime, poorly lit areas, and inadequate infrastructure compromise the safety of public spaces, discouraging individuals from engaging in outdoor activities. These safety issues disproportionately affect vulnerable populations, limiting their access to recreational spaces and hindering active lifestyles. Urban planning strategies must prioritize the creation of secure environments, incorporating well-lit pathways, visible policing, and community engagement to alleviate safety concerns. By addressing these challenges, urban planners can foster inclusive spaces that encourage physical activity and enhance the overall well-being of residents.

2.5.1.3 Social Norms

Social norms in the social environment pose a significant challenge to promoting physical activity in urban planning. Prevailing cultural attitudes and societal expectations can contribute to sedentary behaviors, influencing how individuals perceive and prioritize exercise. Traditional norms emphasizing convenience and motorized transportation over active modes contribute to a lack of pedestrian-friendly spaces. Overcoming this challenge involves reshaping societal perceptions of physical activity, promoting a cultural shift towards prioritizing health, and integrating urban planning strategies that align with

changing norms to encourage active lifestyles for all members of the community.

2.5.2 Built Environment

The built environment includes all structures, areas, and components that humans create or change, as well as land use patterns. This comprises buildings such as residences, schools, offices, green spaces, parks, recreation areas, commercial areas, and transportation networks. A component of urban planning called urban design is concerned with providing an attractive environment for people to live, work, and play in. Physical activity engagement may be influenced both adversely and favorably by the built environment. For instance, people may make walking a fun part of their daily lives in neighborhoods that are walkable. Residents have opportunities to mingle and enjoy active outdoor recreation in green spaces and parks. The layout of the streets, the usage of the land, the transportation system, and the placement of recreation centers, parks, and public buildings are all aspects of the built environment that may either promote.

2.5.2.1 Insufficient Green Space

Insufficient green space in the built environment presents a formidable challenge to promoting physical activity in urban planning. Overcrowded urban areas with limited access to parks and green areas restrict opportunities for outdoor exercise and recreational activities. The scarcity of green spaces not only hinders individuals' ability to engage in physical activity but also diminishes the overall well-being of communities by depriving residents of crucial connections with nature. Urban planners must prioritize the incorporation of green infrastructure, parks, and recreational spaces to create environments that facilitate exercise, enhance mental health, and contribute to a healthier and more vibrant urban landscape.

2.5.2.2 Poor Urban Design

Poor urban design within the built environment emerges as a significant challenge to fostering physical activity in urban planning. Inadequate infrastructure, disjointed layouts, and a lack of pedestrian-friendly spaces deter individuals from incorporating physical exercise into their daily routines. Unfriendly urban designs often prioritize motorized transportation over active modes, contributing to a sedentary lifestyle. The absence of well-connected sidewalks, bike lanes, and accessible recreational facilities limits opportunities for residents to engage in regular physical activity.

2.5.2.3 Lack of Active Transportation Infrastructure

The lack of active transportation infrastructure in the built environment poses a substantial challenge to promoting physical activity in urban planning. Incomplete or

inadequate cycling lanes, sidewalks, and pedestrian-friendly pathways hinder the adoption of active modes of transportation, discouraging individuals from incorporating physical activity into their daily commutes. Poor connectivity and unsafe conditions for walking or cycling can result in a heavy reliance on motorized transportation, contributing to sedentary lifestyles and associated health issues. Addressing this challenge involves prioritizing the development of comprehensive and well-maintained active transportation networks, ensuring that urban designs support safe, accessible, and convenient alternatives to sedentary commuting. By fostering a built environment that encourages walking and cycling, urban planners can play a pivotal role in promoting healthier and more physically active communities.

2.5.3 Economic Environment

The economic environment poses a multifaceted challenge to promoting physical activity in urban planning. Economic disparities can result in unequal access to recreational facilities, fitness resources, and well-maintained public spaces, limiting opportunities for physical exercise, particularly in economically marginalized neighborhoods. High costs associated with gym memberships, sports facilities, or participation in organized activities can further exacerbate disparities in access. Additionally, areas facing economic challenges may lack the financial resources needed for the development and upkeep of parks and infrastructure conducive to physical activity. Overcoming this challenge requires an inclusive approach in urban planning, with a focus on equitable distribution of resources, affordable recreational options, and strategies that ensure individuals from all economic backgrounds can partake in active lifestyles for improved overall health and well-being.

2.5.3.1 Socioeconomic Disparity

Socioeconomic disparity within the economic environment emerges as a pronounced challenge to fostering physical activity in urban planning. Unequal access to resources and opportunities results in disparate levels of physical activity, with economically marginalized communities facing barriers to engaging in recreational activities. Limited financial means often restrict access to fitness facilities, organized sports, and well-maintained public spaces, hindering the ability of individuals in lower socioeconomic brackets to adopt active lifestyles. Addressing this challenge requires targeted efforts in urban planning to ensure equitable distribution of recreational resources, affordable fitness options, and the creation of inclusive environments that accommodate the diverse needs of communities, regardless of economic status.

2.5.3.2 Cost of Recreational Facilities

The cost of recreational facilities within the economic environment stands as a formidable challenge to promoting

physical activity in urban planning. High membership fees, admission costs, or charges for participation in organized sports and fitness programs can act as significant deterrents, limiting access for individuals with lower income levels. This economic barrier exacerbates disparities in physical activity opportunities, as those in economically disadvantaged communities may find it financially challenging to engage in recreational activities. Addressing this challenge requires urban planners to prioritize affordable and inclusive recreational options, fostering environments where all residents, regardless of economic status, can access facilities that promote physical well-being and contribute to healthier, more active communities.

2.5.3.3 Employment and Time Constraints

Employment and time constraints in the economic environment present a substantial challenge to encouraging physical activity in urban planning. Demands of modern work schedules often leave individuals with limited time and energy for exercise. The pressure to balance employment commitments, especially in urban settings characterized by hectic lifestyles, can result in sedentary behaviors and a lack of engagement in physical activities. Urban planners must recognize this time-related barrier and strive to create accessible recreational spaces and active transportation options that accommodate diverse schedules. Additionally, promoting workplace wellness initiatives and integrating physical activity into daily routines can help address the challenge of time constraints, fostering a healthier and more active urban population.

3. STRATEGIES

Sl. No	STRATEGY	HOW IT SUPPORT ACTIVE RECREATION	HEALTH BENEFITS
1.	Improve access to outdoor recreational facilities	This initiative encourages individuals of all ages to engage in outdoor exercises, sports, and leisure activities.	Enhanced access encourages individuals to engage in regular exercise such as walking, jogging, or sports, contributing to improved cardiovascular health and weight management.
2.	Enhancing infrastructure supporting walking, bicycling and outdoor gym	Implementing appropriate infrastructure for walking, bicycling, and outdoor exercise facilities creates an environment that motivates people to adopt healthier modes of transportation and fitness routines. Adding artistic elements to pedestrian infrastructure further enhances the walking experience, making it visually appealing and culturally enriching.	Creating supportive environments for active transportation and outdoor exercise aligns with efforts to combat lifestyle-related health issues and fosters community well-being.
3.	Support locating schools within easy walking distance of residential areas	This proximity encourages walking to and from school, promoting regular exercise and contributing to overall physical well-being.	It contributes to improve cardiovascular health & also fosters a sense of community as families engage in active commuting.
4.	Inclusive planning	Inclusive planning, aimed at eliminating social inequality, involves creating spaces that feel equitable for all segments of society. By fostering a sense of equality, these spaces encourage widespread participation in group activities, fostering a more united and engaged community.	It enhances community well-being, mental health, and overall quality of life for individuals of all backgrounds and abilities.
5.	Mixed-use development	Developing regional centres with mixed uses, bringing job centres closer to homes, aims to reduce travel distances, prompting people to opt for cycling or walking.	This strategy reduces reliance on cars, encouraging active transportation and physical activity. Access to amenities within close proximity enhances social interactions, mental well-being, and overall community health.

6.	Enhance safety for pedestrians	Boost pedestrian presence with street activities, integrate pedestrian and bicycle routes, ensure ample lighting and surveillance, and offer route information through signages and GPS solution	In prioritizing pedestrian safety, communities create healthier and more inviting environments that encourage regular physical activity.
7.	Proximity	This approach minimizes travel distances, making it convenient for individuals to access and engage in physical activities regularly. Proximity encourages spontaneous and frequent use of recreational spaces, such as parks or fitness facilities, as they become easily integrated into daily routines.	When essential services, recreational spaces, and amenities are in close proximity to residential areas, it encourages active living and reduces reliance on motorized transportation.
8.	Aesthetic Designs	Well-designed and aesthetically pleasing recreational spaces, such as parks and outdoor facilities, can attract people to participate in activities like jogging, sports, or leisurely strolls. Additionally, aesthetically pleasing environments contribute to a positive mindset and well-being.	Pleasant surroundings encourage outdoor activities and social interactions, supporting community cohesion and overall happiness. By fostering a positive and aesthetically pleasing atmosphere, this strategy enhances the overall quality of life and promotes a healthier living environment.
9.	Functional Planning	Functional planning ensures that recreational areas are purposefully laid out, providing designated spaces for activities such as sports, exercise, and social gatherings. This approach encourages the efficient use of space and facilitates a wide range of active pursuits.	By prioritizing functionality, urban planning creates environments that promote both physical and mental well-being, fostering a healthier and more liveable community.
10.	Quality Designs	Well-designed and well-maintained spaces contribute to a positive user experience, encouraging individuals to actively engage in recreational activities.	By emphasizing quality in design, construction, and maintenance, urban planning enhances overall community health and creates a more liveable and enjoyable environment for residents.

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4. CONCLUSION

To encourage people to engage in active recreation there is a need to create communities that are activity-friendly environments for recreational physical activity which promote walking and bicycling. This includes planning neighborhoods and recreational amenities that make it more fun for people to get up and get active. It goes beyond a simple issue of personal preference to be physically active. People are more likely to engage in physical activity during their free time when they live in circumstances that encourage it. If walking is safe, fun, aesthetic and less traffic people will use the space to socialize, for fun and enjoyment. Environments that encourage physical activity, motivates more individuals to choose this way of life. The urban planning should consider people of all ages and abilities to access easily and securely enjoy walking, biking, and other types of active transportation and entertainment in environments that are "ACTIVITY FRIENDLY."

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