

Landscape architects bring the living environment to you, creating parks, green roofs and vibrant streetscapes that encourage physical activity by making spaces more accessible, attractive and sustainable. Exposure to nature reduces stress and improves mood. These spaces also absorb stormwater runoff, saving cities millions of dollars and, more importantly, promoting healthier, happier lifestyles.

Members of the American Society of Landscape Architects invite you to learn more as they design the environment to work for you. Visit asla.org/design.

Promoting Your Health and Well-Being Since 1899.



URBAN AGRICULTURE

Landscape architects contribute to urban agriculture projects that provide healthy, affordable, and nutritious food that is locally produced and distributed. These initiatives make productive use of vacant lots and derelict spaces, transforming them into safe environments for youth education and community interaction.



HEALTH FOR ALL

Landscape architects promote sustainable land-use practices that prevent the loss of open space, biodiversity, and forest lands. Additionally studies show patients recover faster and require less pain medication when exposed to nature. Landscape architects create places that optimize mental and physical restoration, including therapeutic gardens and healthcare facilities.



Designing For Your Health & Well-Being

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Landscape architecture, your health, and the environment around you.

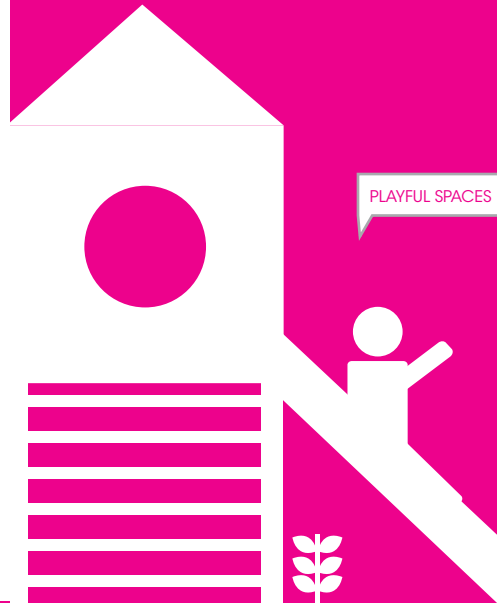
Landscape architects create and design environments that encourage daily exercise, provide clean air and water, and even supply nutritious food. This helps combat growing epidemics of depression, obesity, diabetes, asthma, and heart disease.

LET'S SEE
HOW...



ACTIVE COMMUNITIES

Landscape architects help communities maximize opportunities for daily exercise like walking and biking. They design parks, playgrounds, and other fun places.



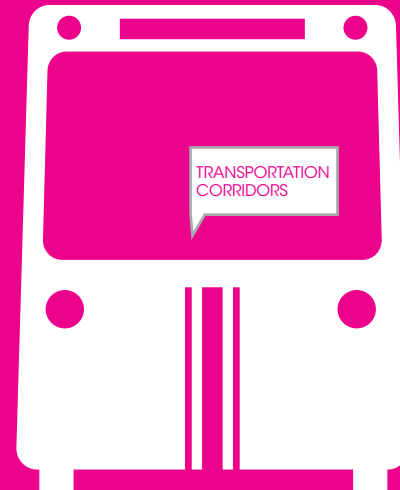
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COMPLETE STREETS

Walking without a sidewalk? Landscape architects design "complete streets" — streets that incorporate pedestrians, mass transit and cyclists.

A tree-lined, well lit street encourages walking as a form of transportation and helps develop dense live, work, play environments that promote water and energy efficiency.



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