

Parks & Recreation

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The City that Health Built

Impactful changes in city planning encourage healthy behaviors and fight chronic disease **Page 40**



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This is the vision planners have for Miami's Underline. The 10-mile linear park runs under the city's existing Metrorail tracks and will soon serve as an attractive artery for active transportation.

COVER STORY

40 The City that Health Built

Changing ideas about the intended purpose of the built environment leads to better health outcomes for residents

Samantha Bartram

FEATURES

46 Changing it Up for Better Health

Walmart and nutrition literacy create broader awareness of NRPA's Commit to Health initiative

Dr. Danielle Hollar

50 The Parks of San Antonio

Recent cultural shifts in the health and wellness of San Antonio, Texas, citizens has positioned the city's parks as valuable assets for enhanced quality of life

Samantha Bartram