

urban wellness forest park

Escape the City: Your Guide to the Urban Wellness Forest Park

Are you feeling overwhelmed by the relentless pace of city life? Do you crave a connection with nature, but lack the time or resources for a lengthy trip to the countryside? Then you need to discover the magic of an urban wellness forest park. This comprehensive guide dives deep into what makes these green havens so special, exploring their benefits, features, and how to find the perfect one for your needs. We'll uncover the secrets behind their design, the activities they offer, and why they're becoming increasingly vital for urban well-being. Get ready to leave the concrete jungle behind and embrace the tranquility of nature, right in your city.

What is an Urban Wellness Forest Park?

An urban wellness forest park isn't just your average city park. It's a meticulously designed green space, strategically located within or near urban areas, that prioritizes the physical and mental health of its visitors. Unlike traditional parks, which may focus primarily on recreation, these parks are carefully planned to maximize their therapeutic benefits. They incorporate elements of nature-based therapy, creating environments that reduce stress, improve mood, and enhance overall well-being. Think of them as oases of calm within the bustling city, offering respite and rejuvenation.

Key Features of a Successful Urban Wellness Forest Park:

Several key features contribute to the success of an urban wellness forest park. These include:

Strategic Design: The layout itself is crucial. Thoughtful pathways encourage gentle movement and exploration. The placement of seating areas, water features, and shaded areas is designed to offer diverse experiences and promote relaxation.

Biophilic Design: This approach incorporates natural elements into the design, aiming to maximize human connection with nature. This might involve using natural materials, incorporating diverse plant life, and creating spaces that feel both wild and safe.

Sensory Experiences: Successful parks cater to all senses. The sounds of birdsong, the smell of pine needles, the feel of soft grass underfoot – these

sensory details are carefully considered to create an immersive and restorative experience.

Accessibility: An ideal urban wellness forest park is easily accessible to all members of the community, regardless of age, ability, or socioeconomic status. This includes providing wheelchair-accessible pathways and amenities.

Programming and Activities: Many parks offer guided nature walks, yoga classes, meditation sessions, and other activities that enhance the therapeutic benefits of the space. These programs often cater to diverse interests and skill levels.

The Benefits of Visiting an Urban Wellness Forest Park:

The advantages of spending time in an urban wellness forest park are numerous and well-documented. These include:

Stress Reduction: The calming environment helps lower cortisol levels (the stress hormone) and promotes relaxation.

Improved Mood: Exposure to nature has been shown to boost serotonin and dopamine levels, leading to improved mood and reduced symptoms of depression and anxiety.

Increased Physical Activity: The inviting paths and trails encourage gentle exercise, contributing to better cardiovascular health and overall fitness.

Enhanced Creativity and Focus: Studies have shown that time spent in nature can enhance cognitive function and creativity.

Connection with Nature: Spending time in a green space fosters a sense of connection with the natural world, promoting a sense of peace and well-being.

Community Building: These parks often serve as community hubs, providing opportunities for social interaction and fostering a sense of belonging.

Finding Your Perfect Urban Wellness Forest Park:

Locating an urban wellness forest park near you might involve some research. Start by searching online using keywords like "urban forest park near me," "nature therapy parks," or "wellness parks [your city/region]". Check your local government websites, park district websites, and even social media groups dedicated to outdoor activities in your area. Look for parks that emphasize the features discussed earlier – thoughtful design, biophilic elements, accessibility, and a range of activities.

Designing Your Own Urban Oasis: Small-Scale Solutions

Even if a full-fledged urban wellness forest park isn't nearby, you can still incorporate elements of nature-based wellness into your own life. Consider creating a small personal sanctuary, whether it's a balcony garden filled with fragrant herbs or a window box overflowing with vibrant flowers. The key is to bring nature closer to you, no matter the scale.

Conclusion: Embrace the Urban Sanctuary

Urban wellness forest parks represent a crucial step towards integrating nature into our increasingly urbanized world. They offer a vital refuge for mental and physical well-being, providing a much-needed escape from the pressures of city life. By incorporating the principles of biophilic design and providing accessible, enriching experiences, these parks offer a powerful antidote to the stresses of modern living. So, take the time to explore the green spaces in your community and discover the transformative power of an urban wellness forest park.

FAQs:

1. Are urban wellness forest parks free to enter? This varies depending on location and specific park policies. Some are free, while others may charge a small entrance fee or require reservations.
1. What kind of activities can I expect to find in an urban wellness forest park? Activities range from guided nature walks and yoga classes to meditation sessions, birdwatching, and simply relaxing amidst nature.
1. Are urban wellness forest parks suitable for people with mobility issues? Ideally, yes. Well-designed parks prioritize accessibility, including wheelchair-accessible pathways and amenities. However, always check the specific park's accessibility features beforehand.
1. How do urban wellness forest parks contribute to environmental sustainability? These parks often incorporate sustainable design principles, such as using native plants, conserving water, and reducing carbon emissions. They also play a crucial role in improving air quality

and biodiversity within urban environments.

1. Are there any potential downsides to urban wellness forest parks? Potential downsides might include overcrowding during peak hours or the need for proper maintenance to ensure the park remains a safe and enjoyable space. However, responsible planning and management can mitigate these challenges.

urban wellness forest park: *Wellness Architecture and Urban Design* Phillip James Tabb, Lahra Tatriele, 2024-09-06 Wellness is a contemporary concept with deep ancient roots promoting preventative and holistic activities, lifestyle choices, and salient architecture and urban design practices. *Wellness Architecture and Urban Design* presents definitions, an analysis of the wellness literature, and a brief history of the wellness movement. Specific planning and design strategies are presented citing examples worldwide and emphasizing the importance of wellness considerations at all scales of the built environment from rooms to cities. Both case studies offer fully integrated and comprehensive wellness design approaches creating resilient and life-enhancing wellness through each of the architecture and urban design scales. The book will be of interest to practitioners and students working in urban design, landscape architecture, architecture, planning, and affiliated fields.

urban wellness forest park: *Nature Inside* William D. Browning, Catherine O. Ryan, 2020-10-09 Written by a leading proponent of biophilic design, this is the only practical guide to biophilic design principles for interior designers. Describing the key benefits, principles and processes of biophilic design, *Nature Inside* illustrates the implementation of biophilic design in interior design practice, across a range of international case studies – at different scales, and different typologies. Starting with the principles of biophilic design, and the principles and processes in practice, the book then showcases a variety of interior spaces – residential, retail, workplace, hospitality, education, healthcare and manufacturing. The final chapter looks ‘outside the walls’, giving a case study at the campus and city scale. With practical guidance and real-world solutions that can be directly-applied in day-to-day practice, this is a must-have for designers interested in applying biophilic principles.

urban wellness forest park: *The Urban Forest* David Pearlmutter, Carlo Calfapietra, Roeland Samson, Liz O'Brien, Silvija Krajter Ostoić, Giovanni Sanesi, Rocío Alonso del Amo, 2017-02-27 This book focuses on urban green infrastructure – the interconnected web of vegetated spaces like street trees, parks and peri-urban forests that provide essential ecosystem services in cities. The green infrastructure approach embodies the idea that these services, such as storm-water runoff control, pollutant filtration and amenities for outdoor recreation, are just as vital for a modern city as those provided by any other type of infrastructure. Ensuring that these ecosystem services are indeed delivered in an equitable and sustainable way requires knowledge of the physical attributes of trees and urban green spaces, tools for coping with the complex social and cultural dynamics, and an understanding of how these factors can be integrated in better governance practices. By conveying the findings and recommendations of COST Action FP1204 GreenInUrbs, this volume summarizes the collaborative efforts of researchers and practitioners from across Europe to address these challenges.

urban wellness forest park: *Forest Trails to Wellness* William Vincent, 2024-11-04 *Forest Trails to Wellness: Health, Healing, and Happiness through Hiking* by William Vincent unveils the

deep connection between humans and nature and its impact on our well-being. Scientific evidence reveals that interaction with the natural world is essential for physical, emotional, and mental health. As urbanization encroaches on green spaces, it becomes crucial to preserve areas for outdoor activities. However, barriers like financial constraints, safety concerns, and health issues can hinder access to nature. This book addresses these challenges and provides practical solutions to embrace the healing power of the outdoors, regardless of age, ability, or circumstance. Embark on a journey to wellness through the transformative experience of hiking.

urban wellness forest park: Urban and Periurban Forest Diversity and Ecosystem Services Francisco Escobedo, Stephen John Livesley, Justin Morgenroth, 2018-04-13 This book is a printed edition of the Special Issue Urban and Periurban Forest Diversity and Ecosystem Services that was published in *Forests*

urban wellness forest park: Johor Francis E Hutchinson, Serina Rahman, 2020-09-01 In 1990, the Malaysian state of Johor—along with Singapore and the Indonesian island of Batam—launched the Growth Triangle to attract foreign direct investment. For Johor, this drive was very successful, transforming its economy and driving up income levels. Today, Johor is one of Malaysia's "developed" states, housing large clusters of electrical and electronics, food processing, and furniture producing firms. While welcome, this structural transformation has also entailed important challenges and strategic choices. After three decades, Johor's manufacture-for-export model is under question, as it faces increasing competition and flat-lining technological capabilities. In response, the state has sought to diversify its economy through strategic investments in new, mostly service-based activities. Yet, Johor retains pockets of excellence in traditional sectors that also require support and policy attention. The state's economic transformation has also been accompanied by far-reaching political, social, and environmental change. Not least, Johor's growing population has generated demand for affordable housing and put pressure on public services. The strain has been exacerbated by workers from other states and overseas. These demographic factors and large-scale projects have, in turn, put stress on the environment. These economic and social changes have also had political ramifications. While Johor is a bastion of two of the country's oldest and most established political parties, the state's large, urban and connected electorate has made it hospitable terrain for new political organisations. Beyond electoral politics, Johor is also the home of a powerful and influential royal family, with very specific ideas about its role in the state's political life. Building on earlier work by the ISEAS - Yusof Ishak Institute on the Singapore-Johor-Riau Islands Cross-border Region, this book focuses on this important Malaysian state, as it deals with important domestic challenges on one hand and strives to engage with international markets on the other. "I have always felt that there are many more complementarities possible between Singapore and Johor. This would be to the benefit of both economies, but the political division between the two was just too great. The two economies lived adjacent but separate lives—Singapore looking out to the world and Johor looking north—until initiatives such as the Iskandar Malaysia development corridor began to change things significantly. The concern now is that the pendulum may have swung too much the other way, driven by the huge income and price differentials as well as Singapore's global city status. Francis and Serina's compilation is a welcomed attempt at understanding Johor in a much more comprehensive manner; not just its changing economy but how its politics and society have been impacted by these changes - which is a more endogenized view of economic integration." — Dr Nungsari Ahmad Radhi, former MP Balik Pulau and Executive Director, Khazanah Nasional "Drawing on the expertise of internationally known specialists, this insightful collection explores the multiple ways in which Johor's economic development has influenced the contemporary political scene, and the effects on local society and the environment. Skillfully edited and meticulously researched, *Johor: Abode of Development?* is not merely required reading for anyone interested in contemporary Malaysia, but will be of immense value to historians of the future."—Barbara Watson Andaya, Professor of Asian Studies, University of Hawai'i

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urban wellness forest park: Forest Bathing Dr. Qing Li, 2018-04-17 The definitive--and by far the most popular--guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees--what the Japanese call shinrin-yoku, or forest bathing--can promote health and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

urban wellness forest park: Sustainable Urban Development in Singapore Melissa Liow Li Sa, Sam Choon-Yin, 2023-09-28 This book offers theoretical and practical insights into land use, transport, and national policies in one of world's well-known urban concrete jungle, none other than the Singapore city. The emphasis is situated on Singapore's attempt to promote walking and cycling. Greater appreciation of walkability thrives on Singapore's rich history, green city, people and the gastronomic kopitiam and hawker culture. The book offers a comprehensive coverage of walkability as a crucial component of urban design to reduce vehicular congestion with the associated carbon emissions, foster a healthy lifestyle and community participation and create jobs to help the economy. A high income per capita and an aging society, lessons drawn from Singapore's experience will be useful to other societies. Scholars in sustainable tourism field, urban planners, government bodies, tourist boards, entrepreneurs, national parks board, residents, and inbound travellers will benefit from reading the book.

urban wellness forest park: Nature Obscura Kelly Brenner, 2020-02-26 With wonder and a sense of humor, Nature Obscura author Kelly Brenner aims to help us rediscover our connection to the natural world that is just outside our front door--we just need to know where to look. Through explorations of a rich and varied urban landscape, Brenner reveals the complex micro-habitats and surprising nature found in the middle of a city. In her hometown of Seattle, which has plowed down hills, cut through the land to connect fresh- and saltwater, and paved over much of the rest, she exposes a diverse range of strange and unknown creatures. From shore to wetland, forest to neighborhood park, and graveyard to backyard, Brenner uncovers how our land alterations have impacted nature, for good and bad, through the wildlife and plants that live alongside us, often unseen. These stories meld together, in the same way our ecosystems, species, and human history are interconnected across the urban environment.

urban wellness forest park: The Wellness Guide Rachel Newcombe, Claudia Martin, 2023-12-12 Embrace every aspect of your well-being—from physical, mental, and emotional health to improved nutrition, sleep, and relationships. True wellness is rooted in mental, emotional, social, occupational, financial, and physical well-being. Wellness is fed and watered by practicing healthy—but simple—habits that allow us to grow and blossom. The Wellness Guide sets readers on the path to achieving a balanced life that is healthy and fulfilling, with practical advice on how to set

and achieve goals for every aspect of well-being. By optimizing your physical, mental, and emotional health, you can find the ideal work-life balance that will result in positive long-term benefits.

urban wellness forest park: Mental Wellness DK, Neal's Yard Remedies, 2021-05-04 An authoritative guide on natural approaches to boost everyday mental wellness and provide extra support when you need it the most. This mental wellness book helps you manage stressful periods as well as other biological factors that impact your mental wellbeing. You'll learn how to boost and holistically balance your mental state using natural remedies. Neal's Yard Remedies: Mental Wellness is filled with holistic techniques, herbal remedies, essential oils, foods, exercise, lifestyle strategies, and therapies to empower you. This book offers: • The most comprehensive compendium of natural remedies for mental wellness on the market • Chapters on herbal remedies, aromatherapy, foods (including supplements), movement, and alternative therapies • A Symptom Checker which you can explore symptoms and access solutions in the book, based on your current need - jitteriness; anxiety attacks; acute stress; grief; low mood, etc • Approaches and information endorsed by Neal's Yard Remedies, world leaders in natural, organic, holistic health. Learn techniques and mantras for uplifting your mood This beautiful, enlightening book explores how things like the environment, the seasons, hormonal shifts, sleep quality, and gut health can influence your mental health. Delve into how lifestyle choices can inhibit your mental health such as caffeine, alcohol, smoking, pollution, screen time, and isolation from the community. This wellness guide offers uplifting and informed information on why you may experience stress and anxiety, providing you with reassurance and strategies to combat these feelings. Explore the science behind natural remedies and use this book as a reliable resource for advice on mindfulness, yoga, breathing exercises, acupuncture, herbal remedies, and reiki. Expand your wellness collection This series of wellness books explore natural, holistic remedies to boost physical and psychological health and help you find the best solutions for yourself! Other titles in this series include Neals Yard Remedies Essential Oils and Neal's Yard Remedies Complete Wellness.

urban wellness forest park: Gateway: Visions for an Urban National Park Alexander Brash, Jamie Hand, Kate Orff, 2011-09-28 Gateway National Recreation Area is one of the most diverse and underused parks in the national park system. Spreading across the coastline of Brooklyn, Queens, Staten Island, and New Jersey, it includes wildlife estuaries, bird-nesting areas, salt marshes, historic military forts, beaches, and NYC's first municipal airport, to name just a few of its exceptional features. It also contains sewage treatment plants, sewer outfalls, landfills, and acres upon acres of black mayonnaise. Due to neglect and misuse, this extraordinary natural and national resource is at risk. Ninety percent of the salt marshes in Jamaica Bay one of the most biologically productive habitats in the region will have disappeared by 2011. This book presents the collaborative efforts of the Van Alen Institute, the National Parks Conservation Association, and Columbia University Graduate School of Architecture, Planning, and Preservation to investigate and document the diverse ecology of the park and re-envision a more sustainable future for it.

urban wellness forest park: The Topography of Wellness Sara Jensen Carr, 2021-10-05 The COVID-19 pandemic has reignited discussions of how architects, landscape designers, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In *The Topography of Wellness*, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds of illness and the urban landscape. Preparation of this volume has

been supported by Furthermore: a program of the J. M. Kaplan Fund

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urban wellness forest park: Forest Bathing Dr. Cyndi Gilbert, 2019-05-07 Author and naturopathic physician Dr. Cyndi Gilbert introduces readers to the art and science of forest bathing, the deceptively simple Japanese practice of spending time in the forest as a way to find peace, rejuvenation, and to promote health. Dr. Gilbert shares her own personal history with the practice—how in the midst of an urban sprawl she lost touch with nature, only to rediscover it through the Japanese practice of Shinrin Yoku or forest bathing. In Forest Bathing, you'll discover the health benefits of Shinrin Yoku, from restoring Vitamin D to balancing your microbiome, along with the rich mental and emotional rewards that spending time surrounded by trees can offer. Forest bathing is a restorative, meditative activity for those who practice it by themselves, but Dr. Gilbert also explores the benefits of practicing forest bathing in community with family and friends. Most importantly, the book offers an easy and practical guide to begin your own forest bathing practice along with a resources section to help you further explore the topic. Learn to tap more deeply into your five senses, practice true mindfulness in sacred woodland spaces, and experience the healing impact of nature wherever you are. Other books in the Start Here Guide Series: Energy Healing: Simple and Effective Practices to Become Your Own Healer Meditation: The Simple and Practical Way to Begin Meditating Chakras: An Introduction to Using the Chakras for Emotional, Physical, and Spiritual Well-Being

urban wellness forest park: Handbook on Sustainable Urban Tourism Cristina Maxim, Alastair M. Morrison, Jonathon Day, J. A. Coca-Stefaniak, 2024-01-18 In this multidisciplinary and multi-jurisdictional account of sustainability in urban tourist destinations, the Handbook on Sustainable Urban Tourism draws together the latest academic research and provides key practical insights on this developing area of study. It not only considers the importance of cities as ideal tourist destinations due to their complex characteristics and the variety of attractions they offer, but also the challenges they are confronted with, most notably sustainability.

urban wellness forest park: The Healing Power of Nature Barrett Williams, ChatGPT, 2024-08-26 ### The Healing Power of Nature Discover the Transformative World of Forest Bathing Unlock the profound secrets of nature with *The Healing Power of Nature*, an enlightening guide that takes you on a journey through the ancient practice of forest bathing. This eBook delves into the remarkable benefits of immersing yourself in the natural world, offering holistic wellness for your mind, body, and spirit. Step into the lush embrace of forests through thoughtfully segmented chapters, starting with an exploration of the origins and practices of forest bathing, supported by scientific evidence. Learn how this powerful activity reduces stress, boosts mood, and enhances mindfulness and meditation, while providing a sanctuary for emotional well-being. Feel rejuvenated as you uncover the physical health benefits, from strengthening the immune system to improving cardiovascular health and sleep quality. Elevate your mind with techniques that enhance cognitive function, focus, creativity, and protect against cognitive decline. Dive into the spiritual dimensions of forest bathing, discovering ways to connect deeply with nature's wisdom and find inner peace. Practical advice on integrating spiritual practices provides a serene path to personal harmony. *The Healing Power of Nature* caters to all ages, offering insights into the emotional resilience benefits

for children and adolescents and promoting longevity and social activities for the elderly. Detailed sections cover the role of aromatherapy, linking the senses to nature's healing powers through phytoncides and essential oils. Urban dwellers are not left behind discover strategies for finding and creating green spaces within city limits and engaging in community initiatives. Embrace each season with tailored tips for winter, spring, summer, and fall forest bathing. Prepare expertly for your forest bathing experiences with practical advice on what to wear, pack, and safety considerations to maximize your immersion. Real-life personal stories and testimonials provide inspiring accounts of transformation and healing. Finally, enhance your everyday life by integrating forest bathing practices at home and creating a sustainable, nature-infused routine. With chapters on retreats, becoming a forest bathing guide, and envisioning the future of this practice, **The Healing Power of Nature** opens a world where nature's wonders and human health converge harmoniously. Embark on this transformative journey and rediscover the rejuvenating power of nature's embrace. Grab your copy of **The Healing Power of Nature** today!

urban wellness forest park: Finding Your Wellness Dr. Cindi Saj, Christa Smith, 2024-07-26 Our world is grappling with unprecedented challenges, as the collective well-being of its eight billion citizens is compromised by alarming rates of illness, mental health struggles, and unmet emotional, physical, and spiritual needs. Many individuals are overwhelmed, feeling stuck and unsure of how to address these pressing issues, leaving them searching for direction and guidance. This guidebook offers some hope and practical advice. What does it mean to live a happy and healthy life? To manage stress, prevent burnout, and achieve a higher level of self-awareness along the way? Dr. Cindi Saj and Christa Smith, co-authors, delve into the interconnected realms of body and mind, drawing upon scientific research and sharing their own personal experiences to guide readers on a transformative path of self-care. By embracing these practices, they aim to inspire a sense of peace and joy that will radiate outward, positively impacting the world around us. "Self-care is not selfish," the authors maintain. Together, Dr. Saj and Smith have twenty years of experience in the counselling field and *Finding Your Wellness: A Guidebook to Self-Care* brings together an expansive range of tips, tricks, and tools for helping readers identify and attend to their own unique needs. This will involve exploring new strategies for better sleep, cultivating mindfulness, and enhancing financial insight, all through the lens of self-care practices that intersect and complement each other in unique yet powerful ways. The book is filled with actionable insights but is not prescriptive or restrictive in nature. Some ideas will resonate with the reader, and others may not. The concept of knowledge within this book is one of accessibility and generosity: take what you need and share the rest. While it is not a comprehensive guide, it offers a wealth of valuable insights and practical strategies for incorporating self-care into every aspect of life. By reading this book, individuals will gain new perspectives and discover fresh approaches to nurturing their well-being.

urban wellness forest park: Portland Stair Walks Laura O. Foster, 2019-03-15 Why is it so satisfying to walk up and down stairs? Maybe it's the new layer of discovery with each step up—a new far-off view and a new close-up look at the plants and buildings. Maybe it's the fleeting proximity one has to passing strangers. Maybe it's the great feeling of propelling yourself upward and then floating downward. Maybe it's the best workout you can get without putting on gym clothes. Whatever the reason, stairs are an excellent way to get yourself up or down a landscape, and Portland, Oregon has a whole lot of them built into our public sidewalk and trail infrastructures. With *Portland Stair Walks* as your guide, you'll have 18 urban adventures on foot (or even bike) with: 142 staircases 22 hidden paths 26 bridges 2 tunnels 1 island 1 floating sidewalk 1 aerial tram and several beaches And you'll enjoy views of: 2 rivers 16 river bridges 4 volcanos 3 creeks many city vistas and innumerable small details that make the city and its history come alive Stair-loving pedestrians rejoice!

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urban wellness forest park: *Research Anthology on Supporting Healthy Aging in a Digital Society* Management Association, Information Resources, 2022-02-04 In today's rapidly evolving society, there has been an increase in technologies and systems available to support the elderly throughout various aspects of life. We have come a long way in the quality of life we can offer our aging populations in recent years due to these technological innovations, medical advancements, and research initiatives. However, further study of these developments is crucial to ensure they are utilized to their utmost potential in securing a healthier elderly population. The *Research Anthology on Supporting Healthy Aging in a Digital Society* discusses the current challenges of aging in the modern world as well as recent developments in medicine and technology that can be used to improve the quality of life of elderly citizens. Covering a wide range of topics such as smart homes, remote healthcare, and aging in place, this reference work is ideal for healthcare professionals, gerontologists, therapists, government officials, policymakers, researchers, academicians, practitioners, scholars, instructors, and students.

urban wellness forest park: *The Pig Book* Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, *The Pig Book* proves one thing about Capitol Hill: pork is king!

urban wellness forest park: *Conservation Directory 2000* National Wildlife Federation, 1999 The Lyons Press is proud to present the forty-fifth annual edition of the National Wildlife Federation's *Conservation Directory* of U.S. and international organizations and agencies working to protect the environment -- the most vital resource of its kind. Included are: members of the United States Congress; government agencies; citizens' groups; educational institutions; databases, services, periodicals, and other directories; federally protected conservation areas; indexes; and more. This annual directory is essential for colleges and universities, libraries, environmental activists, students, outdoor writers, science editors, natural-resource agencies, those seeking employment in the field of conservation, researchers, and all individuals interested in wildlife and ecology.

urban wellness forest park: *Restorative Commons* Lindsay K. Campbell, Anne Wiesen, 2009

urban wellness forest park: *Forest Medicine* Li Qing Ed, 2013 Imagine a new medical science that could let you know how to be more active, more relaxed and healthier with reduced stress and reduced risk of lifestyle-related disease and cancer by visiting forests. This new medical science is called forest medicine. Forest medicine encompasses the effects of forest environments on human health and is a new interdisciplinary science, belonging to the categories of alternative medicine, environmental medicine and preventive medicine. This book presents up-to-date findings in forest medicine to show the beneficial effects of forest environments on human health. (Imprint: Novinka)

urban wellness forest park: The Urban Tree Book Arthur Plotnik, 2009-11-10 Open The Urban Tree Book and discover the joys of forest trekking--right in your city or town. This first-of-a-kind field guide introduces readers to the trees on their block, in neighborhood parks, and throughout the urban landscape. Unlike traditional tree guides with dizzying numbers of woodland species, The Urban Tree Book explores nature in the city, describing some 200 tree types likely to be found on North America's streets and surrounding spaces, including suburban settings. With telling descriptions and precise botanical detail, this unique guide not only identifies trees but brings them to life through history, lore, anecdotes, up-to-date facts, and hundreds of fascinating characteristics. More than 175 graceful illustrations capture the charm of trees in urban settings and depict leaf, flower, fruit, and bark features for identification and appreciation. The Urban Tree Book will inform even the most knowledgeable plant person and delight urbanites who simply enjoy strolling beneath the shade of welcoming trees. An engaging excursion into the urban forest, this complete guide to city trees will both entertain and enlighten nature lovers, urban hikers, gardeners, and everyone curious about their environment. Includes a tree planting-and-care section, tree primer, and exploration guide Is backed by the expertise of the renowned Morton Arboretum Incorporates new urban forestry perspectives Covers urban trees across the continent Lists key organizations and institutions for tree lovers Selects the best tree sites on the Internet Updates many guides by 20 years

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