



Fundamentals of Planning Cities for Healthy Living

By *Avi Friedman and Alexandra Pollock*

Pub Date: 13 February 2024 **BISAC CATEGORY:** ARCHITECTURE / Sustainability & Green Design ARCHITECTURE / Urban & Land Use Planning, HEALTH & FITNESS / Healthy Living & Personal Hygiene

Binding: Paperback

Price: £25.00 / \$35.00

ISBN: 9781839991585

BISAC CODE: ARCo18000

BIC CODE: AMCR

Extent: 200 pages

Size: 153 x 229 mm / 6 x 9 inches

RIGHTS

Exclusive: WORLD

Illustrates the decline of community planning for healthy living and outlines measures that can be reintroduced to foster active lifestyles.

The proposed book illustrates the decline of community planning for healthy living and outlines measures that can be reintroduced to foster active lifestyles.

Readership

Research scholars; instructors who teach courses in the areas of urban design, urban planning, geography/urban systems and architecture; professional readers, mostly architects and planners, who wish to acquaint themselves with contemporary innovative residential concepts and technologies; residential developers and home builders; municipal officials who may want to educate themselves about new planning trends.

Contents

Preface; Acknowledgments; The Broad View; Form, Function, and Public Health; Planning for Active Mobility; Green Open Spaces; Active Life in Winter Cities; Socializing in Communities; Food Production and Distribution; Urban Design for Healthy Aging; Public and Multi-Unit Residential Buildings and Public Health; Healthy Residences; Equitable Health Promotion; Bibliography; Bibliography for Case Studies; Illustrations' Credits; Index

About the Author(s) / Editor(s)

Avi Friedman is a professor of architecture at McGill University and the principal of Avi Friedman Consultants, Inc.

Alexandra Pollock holds a degree in urban systems from McGill University. She is a researcher at Avi Friedman Consultants, Inc., specializing in sustainable planning.

Ordering in North America, Latin America and Caribbean

Ingram Publishers Services (US)
1 Ingram Blvd. Mail stop
#512 Lavergne, TN 37086, United States
Tel: +1 866 400 5351
ips@ingramcontent.com

Ordering in the UK/Rest of the World

Ingram Publishers Services (UK)
1 Deltic Avenue, Rooksley
Milton Keynes, MK13 8LD
United Kingdom
Tel: +44 (0) 1752 202300 | Fax: 01752 202330
IPSUK.Orders@ingramcontent.com

Ordering in Australia

NewSouth Books
C/O Alliance Distribution Services (ADS)
9 Pioneer Avenue
Tuggerah 2259 NSW, Australia
Tel: +61 (02) 4390 1300 | Fax: +1800-66-44-77
adscs@alliancedist.com.au