

Claire Mookerjee ~ Five Urban Design Mistakes That Create Unhealthy And Inactive Communities

We all want to be fit, healthy and happy but the best intentions - whether it's to jog to the shops, eat a balanced diet or strike a better work-life balance - can often elude us.

At least some of the blame can be laid at the feet of those who design the city spaces some of us call home. Many aspects of city living discourage the kinds of lifestyles that can contribute to our health and wellbeing. We know that car-dependent, city suburbs struggle to create neighbourhoods that encourage walking, but they're not the only ones.

Here are five mistakes that are often made when designing new developments in urban areas — and suggestions for how to create healthier communities.

Read more: <http://www.theguardian.com/urban-design-mistakes>