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The relationship between the neighborhood built environment and physical activity

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Propositions

1. It is crucial to create a physical activity-enabling urban environment to promote health.
2. *First we shape cities, then they shape us.* – Jan Gehl, paraphrasing *Winston Churchill*
3. The ‘Healthy Cities’ project by the World Health Organization reconnects the fields of public health and urban planning.
4. Urban planning and design should consider health factors that promote a healthy lifestyle, such as less car dependency, more walking and cycling, access to healthy food, greenery, public transportation, etc.
5. Assessing the built environment, both the physical qualities and the affective meanings that people attach to certain built environment aspects should be valued. This calls for a more holistic and human-centered approach.
6. The frequency of physical activity is an essential parameter for healthy behaviors.
7. Urban interventions can potentially promote physical activity in terms of park and playground interventions, interventions aimed at walking and cycling, and community-based interventions.
8. *Prevention is better than cure.* – the Dutch philosopher *Desiderius Erasmus*
9. *Life lies in movement.* – the French thinker *Voltaire*