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**LANDSCAPE AND HEALTH: A STUDY OF THE
HEALTH - PROMOTING IMPACT OF THE OUTDOOR
ENVIRONMENT WITH SPECIAL REFERENCE TO
URBAN OPEN SPACES**



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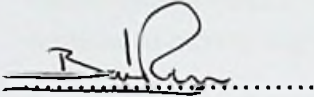
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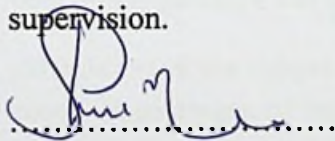
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ABSTRACT-

Many people now experience physical and psychological health issues related to the stress, fatigue and pollution associated with living and working in urban environments.

The presence of fascinating components of the environment are important because they attract us, and keep us from becoming bored. In an urban setting , green spaces simulate natural environment and green spaces can provide social, economic, cultural and psychological services especially for the wellbeing of the urban dwellers

The literature review conceptualizes the landscape as a health resource that promotes physical, mental and social wellbeing. Different health-promoting landscape characteristics are discussed. This research is based on literature review and case studies.

A set of meaningful pathways that link landscape and health is intended to be identified from this study. This study may allow to systematically describe the potential use of landscape as a resource for physical , mental and social well-being, a resource offered and available. It is well known that physical activity improves both physiological and psychological well-being, but further evidence is required to ascertain how urban green spaces influence and shape health. This research considers specially the urban green spaces, their relationship to human health and the mechanisms behind relation between green space and health.

Keywords: Urban green spaces, Landscape, Nature, Health, physical activity.

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