



ASLA

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**“Design For Active Living” Focus of National  
Landscape Architecture Month Celebrations**

**New Haven, Connecticut, April 17, 2005** — In observance of National Landscape Architecture Month this April, the 48 state chapters of the American Society of Landscape Architects are working to make people aware of the connection between community design and physical activity.

The theme for Landscape Architecture Month is “Design for Active Living,” highlighting ways that community design affects residents’ daily activity levels and, in turn, their overall health. Studies show that access to resources such as parks, recreational facilities, bicycle paths, walking trails and sidewalks can increase physical activity among residents, reducing the chances for obesity and improving health.

“Years ago, we all used to walk to school, to the store, to the park, or to a friend’s house, but now we often are unable to walk or bike anywhere safely, because our communities are designed mainly for car travel,” said Roderick E. Cameron, President of the Connecticut Chapter of ASLA. “The change from a pedestrian to a commuter lifestyle has fueled an epidemic of obesity in the U.S., particularly among children. We want to encourage everyone to look at their communities during April and become advocates for an environment that is more exercise-friendly. As landscape architects, we can design activity back into our communities.”

During April, local landscape architects from the Connecticut Chapter of ASLA will work with students and civic groups to assess safe walking and biking routes between schools and neighborhoods, using checklists designed by the National Center for Bicycling & Walking (checklists may be downloaded from [www.ctasla.org](http://www.ctasla.org)). These “report cards” will help towns engage in a dialogue about community design elements that enable and encourage physical activity among residents.

April was selected as National Landscape Architecture Month by ASLA because it encompasses Earth Day (April 22) and the birthday of Frederick Law Olmsted (April 27), the founder of the American landscape architecture profession.

The Connecticut Chapter of ASLA is also commemorating National Landscape Architecture Month with a program at the Legislative Office Building on April 27 honoring the Connecticut landscape legacy of Frederick Law Olmsted.

Founded in 1899, the American Society of Landscape Architects is the national professional association for landscape architects, representing more than 15,000 members. Landscape architecture is a comprehensive discipline of land analysis, planning, design, management, preservation and rehabilitation. ASLA promotes the landscape architecture profession and advances the practice through advocacy, education, communication and fellowship. Learn more about landscape architecture online at [www.asla.org](http://www.asla.org). For more information on activities of the Connecticut Chapter, please see our website at [www.ctasla.org](http://www.ctasla.org).

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For more information about “Design for Active Living,” please contact:

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