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### Description

Careful planning can overcome these obstacles, e.g. careful spatial planning of high-rises and the lining of key pedestrian corridors with street-level windows and businesses, trees and greenery, and amenities such as street furniture. Whether the approach is mid-rise or very high- density cities, development of space-efficient rapid transit infrastructures and green spaces is critical to support physically active lifestyles.

### Source

<https://www.who.int/sustainable-development/cities/strategies/urban-planning/en/>

### Tags

Quality of Life

healthy cities

urban planning