

# Frank Saltarelli of Montreal Launches “Use Your Outdoor Space” Pledge to Encourage Greener, Healthier Urban Living

Montreal landscape designer Frank Saltarelli is calling on residents to reconnect with nature through practical outdoor living habits and more sustainable use of urban spaces.

**Montreal, Quebec May 23, 2026** ([IssueWire.com](https://www.issuewire.com)) - Francesco “Frank” Saltarelli, founder of Saltarelli Outdoor Design, has announced the launch of the “Use Your Outdoor Space” Pledge, a personal initiative focused on helping people create healthier relationships with outdoor environments through small, consistent daily actions.

The pledge comes at a time when cities across North America continue to face rising urban density, shrinking green space access, and increasing concerns around stress, screen time, and environmental sustainability. Saltarelli says the goal is not to encourage expensive renovations, but to change how people think about and use the outdoor spaces they already have.

“I’ve seen beautiful backyards and rooftops sit unused because they were designed for appearance instead of daily life,” Saltarelli said. “The spaces people love most are usually the ones that feel simple, comfortable, and easy to use.”

According to Statistics Canada, more than 80% of Canadians live in urban areas, while studies from the University of Exeter have found that spending at least two hours per week in nature is linked to improved physical and mental well-being. Meanwhile, Environment Canada reports that native landscaping and urban greenery can help reduce stormwater pressure and urban heat buildup in dense city environments.

Saltarelli says these issues are becoming impossible to ignore.

“People are spending more time indoors than ever before,” he said. “At the same time, many outdoor spaces have become decorative instead of functional. That disconnect affects how we feel every day.”

The pledge is built around seven personal commitments Saltarelli says he will continue practicing in both his work and personal life.

## Frank Saltarelli’s 7 Personal Commitments

- I will spend at least 20 minutes outdoors every day whenever possible. Whether gardening, walking, reading, or having coffee outside.
- I will prioritize native and climate-resilient plants in my personal spaces. To reduce water waste and support local ecosystems.
- I will design and maintain outdoor spaces based on real daily habits, not trends. Function comes before appearance.
- I will reduce unnecessary outdoor clutter and overbuilding. Open, usable space matters more than excess features.
- I will support local craftspeople, growers, and suppliers whenever possible. Strong local communities create stronger projects.
- I will continue educating clients and homeowners about sustainable landscaping choices. Small changes can create long-term environmental benefits.
- I will encourage people to reconnect with nature in simple ways every week.

Not through perfection, but through consistency.

“One client told me the only thing they really wanted was a quiet place to sit after work for ten minutes,” Saltarelli said. “That changed how I thought about outdoor design. Most people don’t need more complexity. They need spaces they’ll actually use.”

The issue has become increasingly relevant as outdoor living trends continue to grow. A 2024 Houzz landscaping survey found that more than half of homeowners are now prioritizing functional outdoor living upgrades over cosmetic-only improvements. Research also shows that urban tree coverage can reduce local temperatures by several degrees during heat waves.

Saltarelli believes people can make meaningful changes without major spending.

“You don’t need a luxury rooftop or a huge backyard,” he said. “A chair near a plant, a clean balcony, or even a small garden corner can change how you experience your day.”

### **“Do It Yourself” Toolkit: 10 Free Actions Anyone Can Take**

Saltarelli is encouraging readers to start with simple habits instead of large projects.

- Spend one meal outdoors each week.
- Remove clutter from one outdoor area.
- Add one native plant to a balcony or yard.
- Turn off devices and sit outside for 15 minutes daily.
- Open windows more often to connect indoor and outdoor spaces.
- Observe sunlight patterns before rearranging furniture.
- Create one shaded sitting area using existing items.
- Water plants by hand instead of relying only on automated systems.
- Walk through a local park once a week.
- Share outdoor time with family or neighbors instead of staying indoors.

### **30-Day Outdoor Living Progress Tracker Week 1**

- Spend 10–20 minutes outside daily
- Clean one outdoor area

### **Week 2**

- Add greenery or reorganize seating
- Eat one meal outside

### **Week 3**

- Reduce clutter or unused items
- Spend one evening outdoors without screens

### **Week 4**

- Invite someone to share the space with you
- Reflect on which outdoor habits improved your mood or routine

Saltarelli says the pledge is meant to stay practical and personal rather than symbolic.

“The best outdoor spaces are not the most expensive ones,” he said. “They’re the ones people return to every day without thinking twice about it.”

Readers are encouraged to take the pledge themselves, adapt the toolkit to their own routines, and share the ideas with friends, neighbors, and local communities.

### **About Francesco “Frank” Saltarelli**

Francesco “Frank” Saltarelli is a Montreal-based landscape designer and founder of Saltarelli Outdoor Design. Since 2014, he has specialized in creating functional, sustainable outdoor spaces including rooftop terraces, backyards, and urban green environments. His work focuses on blending practical living with thoughtful design while encouraging stronger connections between people and nature.

### **Media Contact**

Frank Saltarelli Montreal

\*\*\*\*\*@FrankSaltarelli.COM

<http://FrankSaltarelli.com>

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