

Additional File 1. Description of the 14 sites used in this study.

Park	Site	Coordinates	Description
Clove Lakes	Open Space 1	40°37'27.9"N 74°07'10.3" W	Contains one paved pathway extending through the site with a large mowed green space that is bordered by a lake on one side. The opposite side is a wood line. There are two locations for exercise.
	Open Space 2	40°37'22.8"N 74°07'02.0" W	Includes one paved pathway that branches to lake access. Habitat is mainly mowed lawn space but is bordered by a wooded hillside with leaf litter.
	Open Space 3	40°37'04.0"N 74°06'39.1" W	Contains 14 picnic tables in an irregularly mowed grassy area. Two green spaces are dissected with a paved pathway, and the whole space is surrounded by woods. A natural trail borders one side.
	Trail 1	40°37'12.0"N 74°06'49.9" W	Natural trail characterized by shade and leaf litter. Entrance is near the Clove Lake.
	Trail 2	40°37'05.5"N 74°06'47.0" W	Natural trail characterized by shade and leaf litter. Entrance is near Open Space 3.
	Trail 3	40°37'08.2"N 74°06'31.1" W	Natural trail running parallel to paved trail at the main park entrance.
Conference House	Open Space 1	40°30'10.8"N 74°15'13.0" W	Characterized by a large mowed lawn, a community garden, two natural trails, and beach access. The historical Conference House is located here and attracts many visitors for recreational activities
	Open Space 2	40°29'57.0"N 74°14'41.6" W	Characterized by the Lenape Playground. Contained in this space is a mixture of mowed grass, a tall grass border, and large impenetrable ground space for the playground.
	Trail 1	40°30'07.4"N 74°15'06.4" W	Natural trail lined by forest and tall grass. Trail head begins at visitor center and runs along beach, the sand dunes, wetland, and meadow.
	Trail 2	40°29'54.6"N 74°14'46.5" W	Trail head located near the playground and wetland; characterized by tall grass with beach access.

Willowbrook	Open Space 1	40°36'25.3"N 74°09'26.7" W	Near park entrance and characterized by mowed lawn space, multiple paved pathway entrances, a lake, and one natural trail.
	Open Space 2	40°36'11.0"N 74°09'30.0" W	A large, shaded, mowed grassy space with 24 picnic tables, a woodline, natural trail access, and a Carousel attraction.
	Trail 1	40°36'18.8"N 74°09'27.8" W	Natural wooded trail that runs alongside the lake, connecting Open Space 1 to the visitor center.
	Trail 2	40°36'06.7"N 74°09'26.2" W	Forested trail located on the edge of Open Space 2; 7.6 miles in length and characterized by leaf litter and shade