



Healthy, Active & Sustainable Environments

Guidelines for Building Design and Operation



THEN



NOW



FUGLEBERG KOCH

**You can lead a horse to water,
But you can't make him drink**

I. INTRODUCTION

“Green” initiatives within buildings generally focus on:

- Renewable materials**
- Non-invasive chemicals**
- The efficient use of energy**



I. INTRODUCTION

“Green” criteria have an indirect focus on “healthy outcomes”

- Pollution abatement**
- Resource management**
- Overall air and water quality**



I. INTRODUCTION

- Design features that follow “Green Accreditation” do not insure the maximum health and activity benefit



I. INTRODUCTION

- **Accessibility and convenience practices frequently are deterrents to activation:**
 - Reserved parking for car pool, pregnant mothers, reward convenience with lower effort
 - Level access for the physically impaired remove steps
 - Elevators and escalators discourage use of stairs



I. INTRODUCTION

- **Green standards are helpful in improving air quality**
 - **Encourages the use of less harmful pesticides, adhesives, solvents, chemical shielding**
 - **Barriers to smoking reduce 2nd hand smoke exposure**
 - **High efficiency filters remove pollen and harmful particulates**
 - **Fresh air management and ductless heating/cooling reduce mold development in HVAC systems**
 - **Natural UV light retard mold and mildew formation**

I. INTRODUCTION

- **Design features that advance healthier settings to assure benefit often require ongoing management and promotional responsibilities**
- **Construction implementation alone does not result in a healthier more activated individual**
- **A partnership between design and operations is essential to the full activation**

I. INTRODUCTION

- **Advancing healthy, active and sustainable individuals raises the bar above “Green Design” to a more inclusive standard involving:**
 - **Maintenance**
 - **Operation**
 - **Promotion of lifestyle elements**

II. LIFESTYLE

- Lifestyle focus has long been a part of premier resort and housing applications



II. LIFESTYLE

- Many developments seek solutions that promote active living and social connectivity
 - Hotels provide fitness, leisure and entertainment activities, with healthy menu options
 - Residential communities use recreational themes and socially motivating common areas
 - Workplace settings re-invented in the mid 90's sought active collaboration, creative inspiration, positive attitude, and spiritually uplifting outcomes
 - Retail environments refocused on outdoor malls, with compact walking convenience and 24/7 settings



II. LIFESTYLE

- No published guidelines
- Observation and experience thus has provided guidance

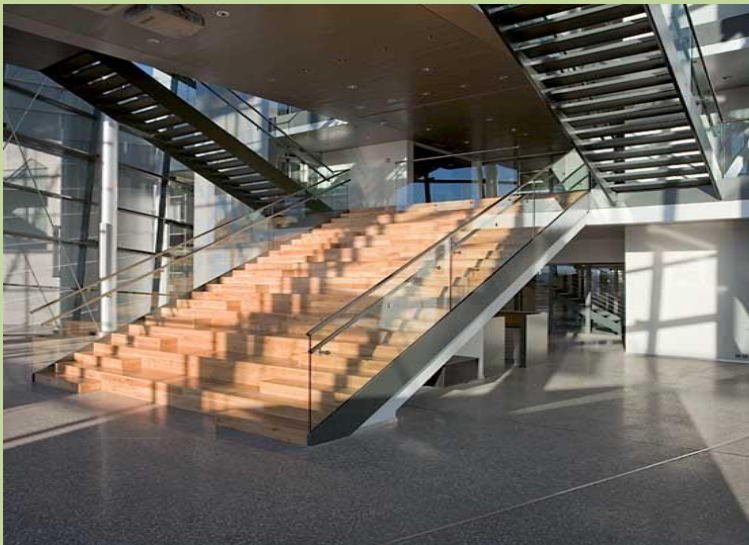


II. LIFESTYLE

- **A healthy and active lifestyle must include**
 - **Activation/ exercise/ fitness**
 - **Diet/ nourishment**
 - **Physical comfort**
 - **Education/ personal betterment/ motivation**
 - **Mental wellbeing/ stress management/
positive attitude**
 - **Spiritual enrichment**
 - **Affirming social interaction**

III. ACTIVATION/ EXERCISE/ FITNESS

- **Sedentary behavior is often encouraged**
 - Open planning, flexible furnishing, portable work stations, private and teaming venues, encourage physical mobility
 - Mixed use buildings promote pedestrian connectivity
 - Elevators coupled with open adjacent stairs promote climbing



III. ACTIVATION/ EXERCISE/ FITNESS

- **Sedentary behavior is often encouraged**
 - **Workplaces that provide staff fitness facilities offer motivation, convenience, and improved time efficiency**
 - **Homes that consider bathrooms as “spas” offer cleanliness, fitness, leisure activity, and intimacy with sanitary needs**



III. ACTIVATION/ EXERCISE/ FITNESS

- **Sedentary behavior is often encourage**
 - Community centers that offer equipped workout areas provide benefits competitive with fitness memberships
 - Recreational appointments in work settings invite active use during breaks



III. ACTIVATION/ EXERCISE/ FITNESS

- Remember hidden amenities do not invite use



IV. DIETS/ NOURISHMENT

- The average individual eats a snack, or drinks a beverage every hour of the waking day
- The choice usually more to do with the time and ease than nutritional value



IV. DIETS/ NOURISHMENT

- Most work places provide vending or complimentary nourishment for employees
- Product selection and offering controlled by management



IV. DIETS/ NOURISHMENT

- Commissaries and food and beverage operations should be judged for food quality



V. PHYSICAL COMFORT

- **Workplace furniture selection can impact the way we perform**
 - Standing conference tables
 - Stools
 - Adjustable ergonomic chairs
 - Counter heights of differing elevation
 - Communal tables

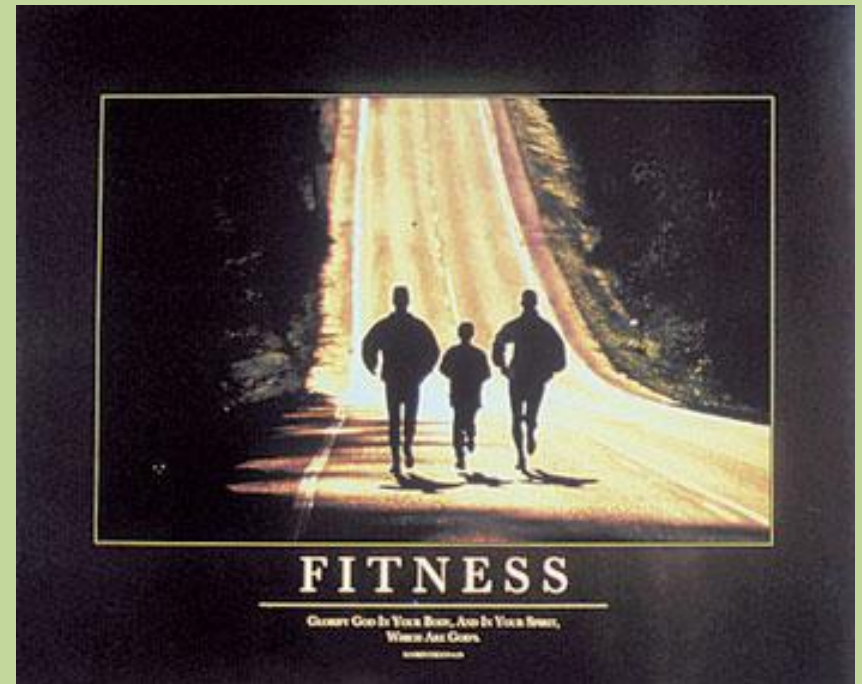


V. PHYSICAL COMFORT

- **Physical comfort advanced by “quality of the place”**
- **Air quality aimed at superior filtration, ozone replenishment, odor removal, and humidity management**
- **Lighting, focus on legibility and glare reduction**
- **Color intended to improve to warmth and calmness**
- **Indoor planting subliminally suggests healthy settings**
- **Spatial variety invite use of functional locations with periodic mobility**
- **Outdoor venues designed for comfort can complement indoor activities**

VI. EDUCATION/ PERSONAL BETTERMENT/ MOTIVATION

- Walls are often overlooked and blank billboards that offer a fixed backdrop to furniture



VI. EDUCATION/ PERSONAL BETTERMENT/ MOTIVATION

- The quality of conduit of information can be as important as the information



VI. EDUCATION/ PERSONAL BETTERMENT/ MOTIVATION

- Programmed educational vignettes (Lunch and Learn)



VI. EDUCATION/ PERSONAL BETTERMENT/ MOTIVATION

- **A healthy mind is prerequisite to a healthy body**



MEDITATION ZONE

VII. MENTAL WELLBEING/ STRESS MANAGEMENT/ ATTITUDE

- **Most stress is related to schedules, interpersonal conflicts, or finance**
 - Quiet zones award individuals a respite from accumulating anxiety
 - Colors convey emotional results
 - Sounds can change attitude
 - Fragrances can evoke a range of positive results.
 - Temperatures can advance or retard energy levels
 - Restful zones
 - Power Nap
 - Showers
 - Smiles can be inspired by people and relationships with places
 - Infant accommodations at or near the workplace, can promote employee peace of mind

VIII. SPIRITUAL ENRICHMENT

- Happiness is key to a healthy and prolonged life
- Spiritual essence can be measured as individual's belief of and participation in a humanistic, benevolent, and moral ethic.



VIII. SPIRITUAL ENRICHMENT

- Spiritual enrichment can come from company supported philanthropies, blood bank drives, and job shadowing



VIII. SPIRITUAL ENRICHMENT

- We are a time oriented creature
- Environments can respect the clock by evidencing the time of day and the season of year, while not defining available use by either



VIII. SOCIAL CONNECTIVITY

- **Social connectivity is a compelling need**
 - The water cooler conversation
 - Lunch with co-workers
 - The weekend sports update



VIII. SOCIAL CONNECTIVITY

- Many routine settings can promote proper social connectivity



IX. SUMMARY

- **Healthy active and sustainable built environments are property of a partnership between design and operator**





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THANK YOU



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