



# WELL v2

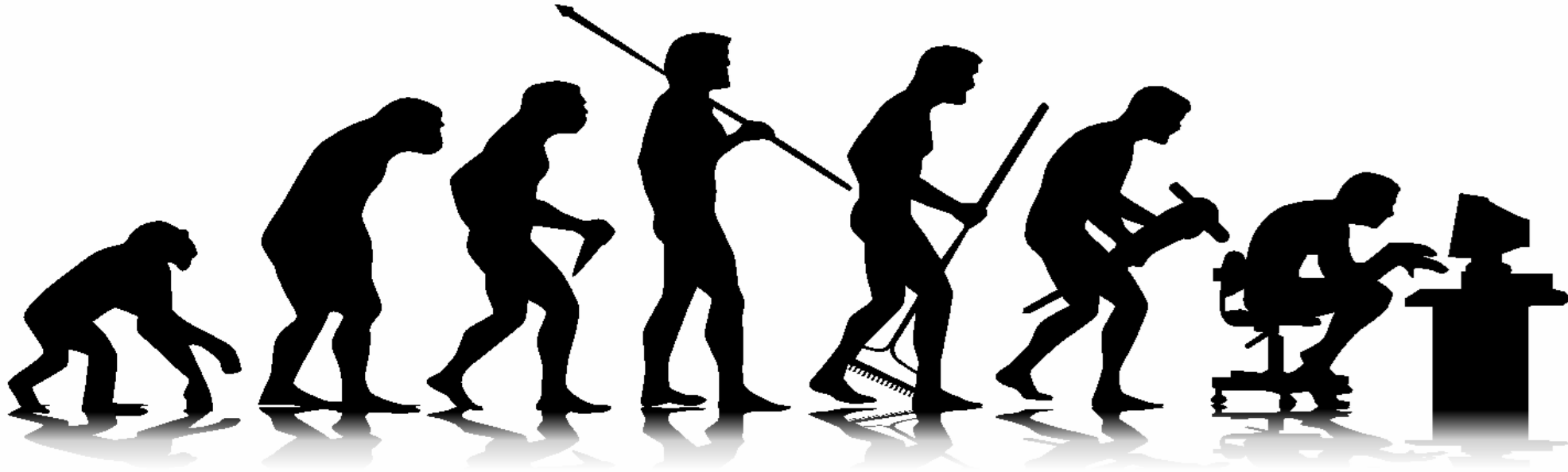
Concept summary

**MOVEMENT**



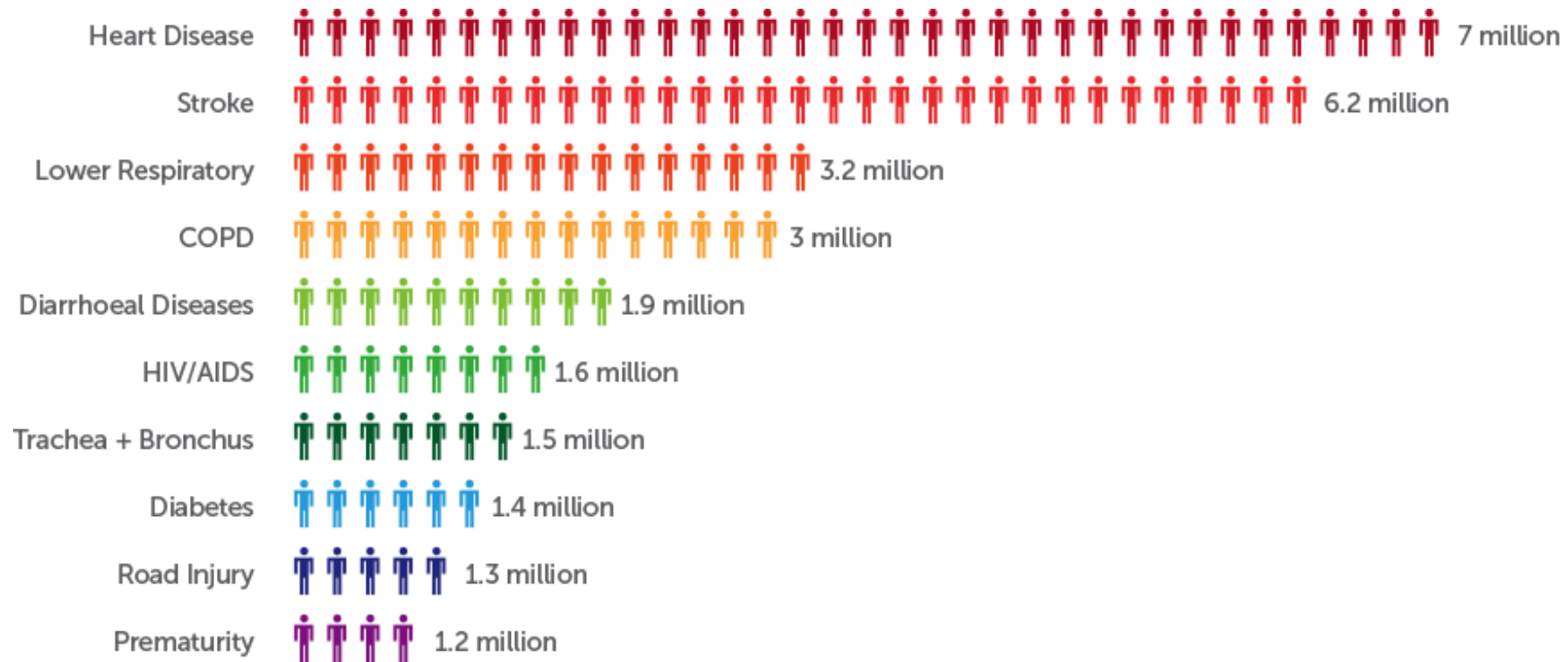
GOALS + INTENTS

**OUR BODIES ARE DESIGNED FOR  
MOVEMENT.**



GOALS + INTENTS

OUR ENVIRONMENT IS  
CHANGING HOW WE LIVE



## GOALS + INTENTS

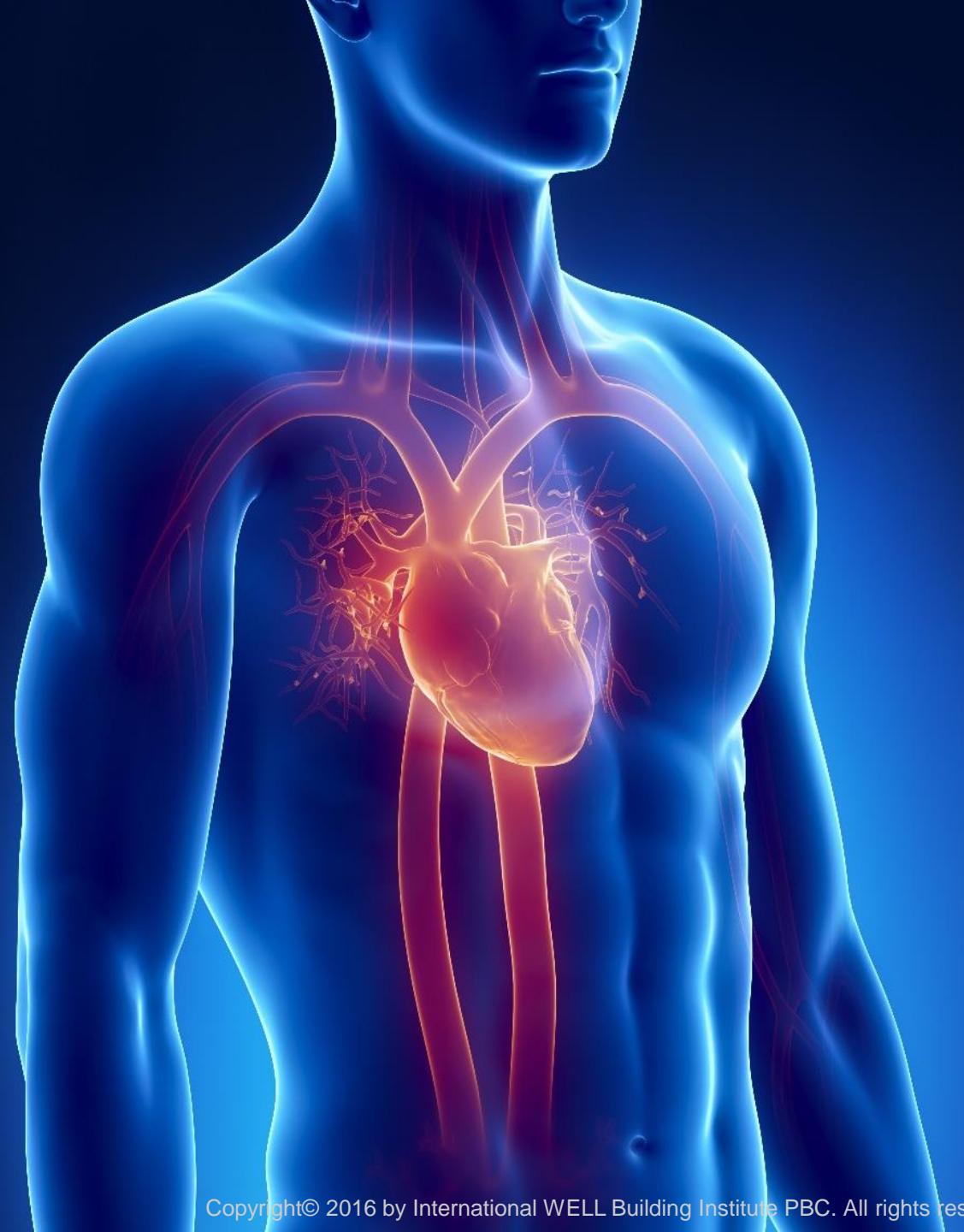
# LEADING CAUSE OF DEATH WORLDWIDE

GOALS + INTENTS

# PHISICAL ACTIVITY HEALTH AFFECTS

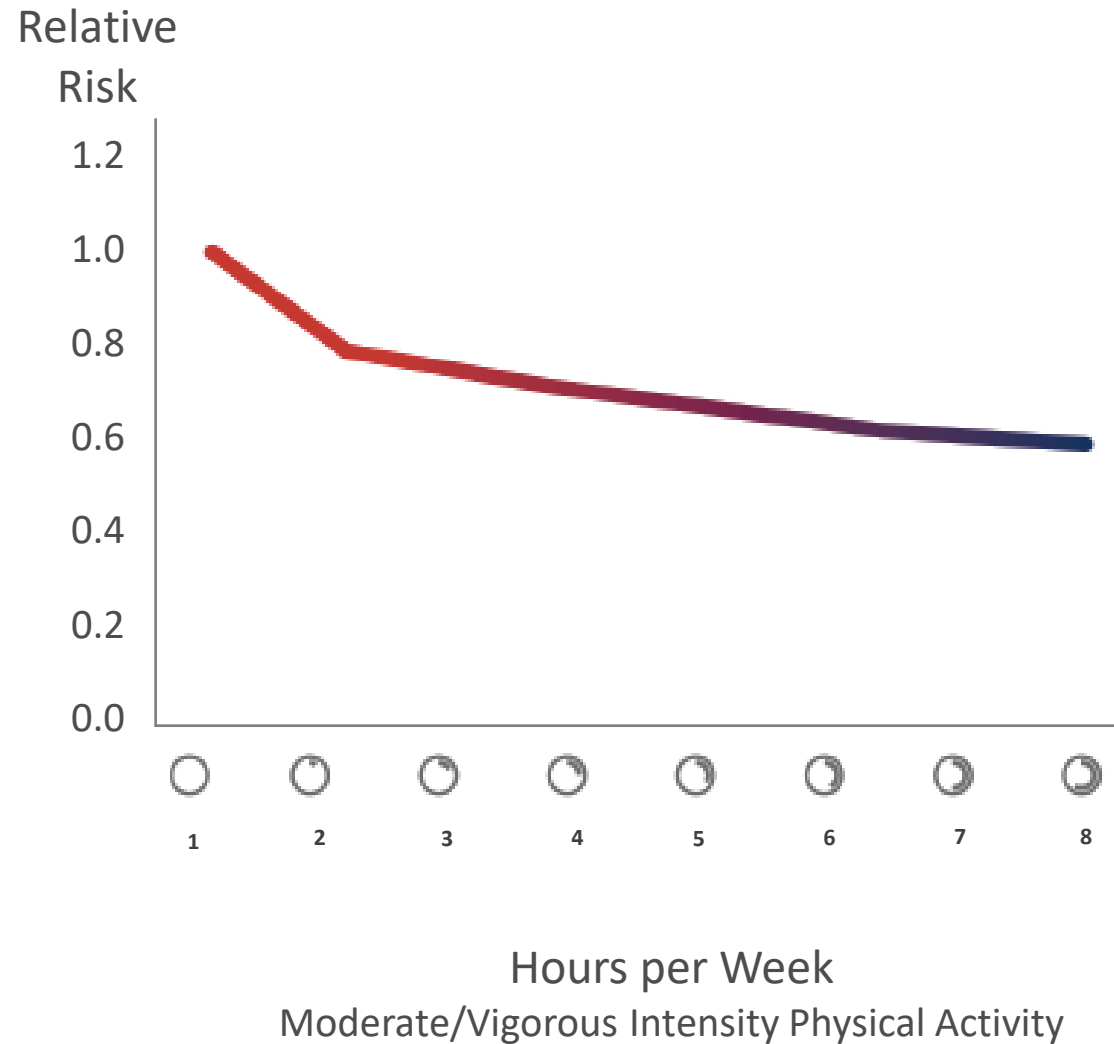
CARDIOVASCULAR DISEASE (CVD) IS THE LEADING CAUSE OF DEATH IN THE U.S.

THE RISK OF DEVELOPING CVD CAN BE REDUCED WITH REGULAR, MODERATE-INTENSITY AEROBIC PHYSICAL ACTIVITY (AT LEAST 150 MINUTES PER WEEK).



GOALS + INTENTS

# RELATIONSHIP BETWEEN PHYSICAL ACTIVITY & THE RISK OF DYING PREMATURELY

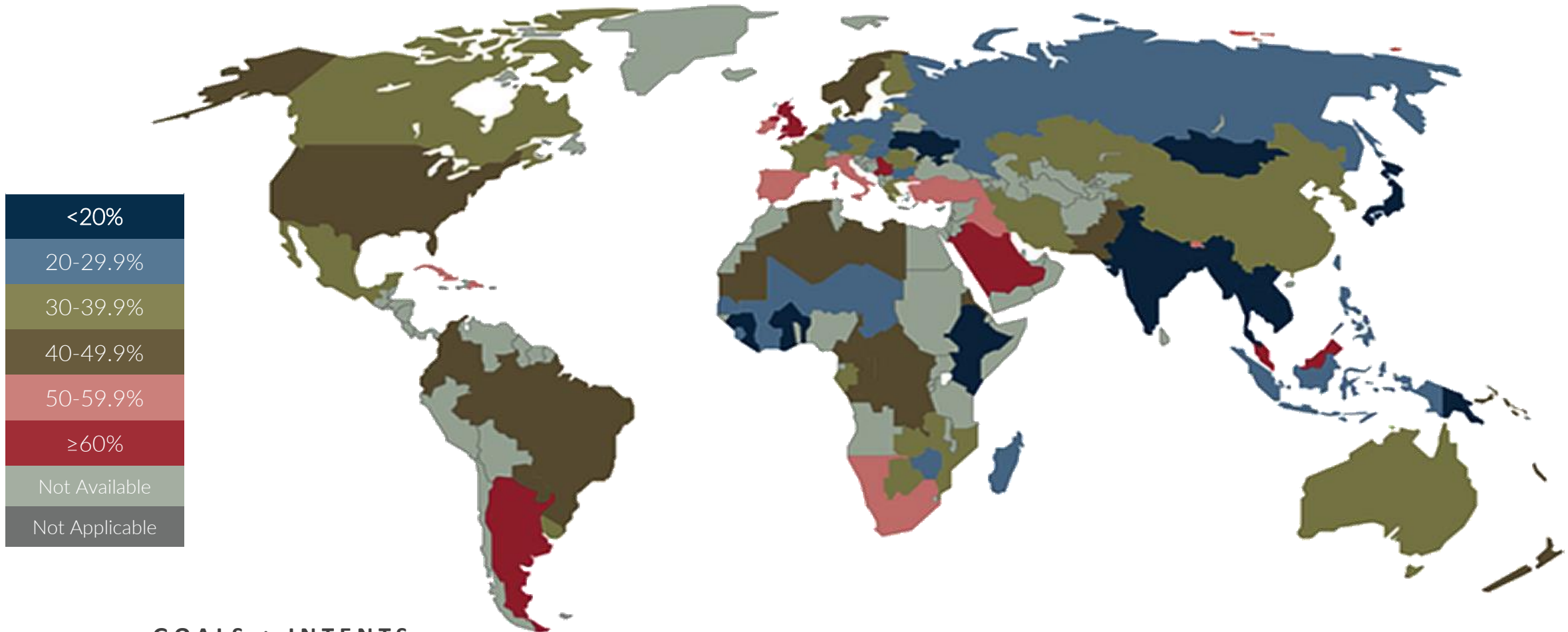


GOALS + INTENTS

# INCREASED INACTIVE TIME

MODERN TRANSPORTATION, LABOR SAVING CONVENIENCES AND SEDENTARY JOBS HAVE CREATED AN ENVIRONMENT IN WHICH MILLIONS OF PEOPLE FAIL TO GET THE MINIMUM AMOUNT OF RECOMMENDED DAILY PHYSICAL ACTIVITY.





**GOALS + INTENTS**

# PREVALANCE OF INSUFFICIENT PHYSICAL ACTIVITY

IWBI Fitness Wellography, Introduction  
 World Health Organization. Insufficient physical activity . Prevalence of insufficient physical activity ages age standardized: Both sexes. [Online] [Cited: February 11, 2015] [http://gamapserver.who.int/gho/interactive\\_charts/ncd/risk\\_factors/physical\\_inactivity/atlas.html](http://gamapserver.who.int/gho/interactive_charts/ncd/risk_factors/physical_inactivity/atlas.html).





GOALS + INTENTS

# INCREASED SITTING TIME



GOALS + INTENTS

# ACTIVE SHOPPING VS. DELIVERY

GOALS + INTENTS

# WE ARE INUNDATED WITH INACTIVE OPTIONS





**GOALS + INTENTS**

# **HARMFUL EFFECTS OF PROLONGED SITTING**

GOALS + INTENTS

SITTING FOR 11 OR MORE HOURS PER DAY  
INCREASED **RISK OF DEATH BY 40%**  
REGARDLESS OF OTHER ACTIVITY LEVELS.

*-POPULATION HEALTH MANAGEMENT*



GOALS + INTENTS

# HEALTH EFFECTS OF SITTING

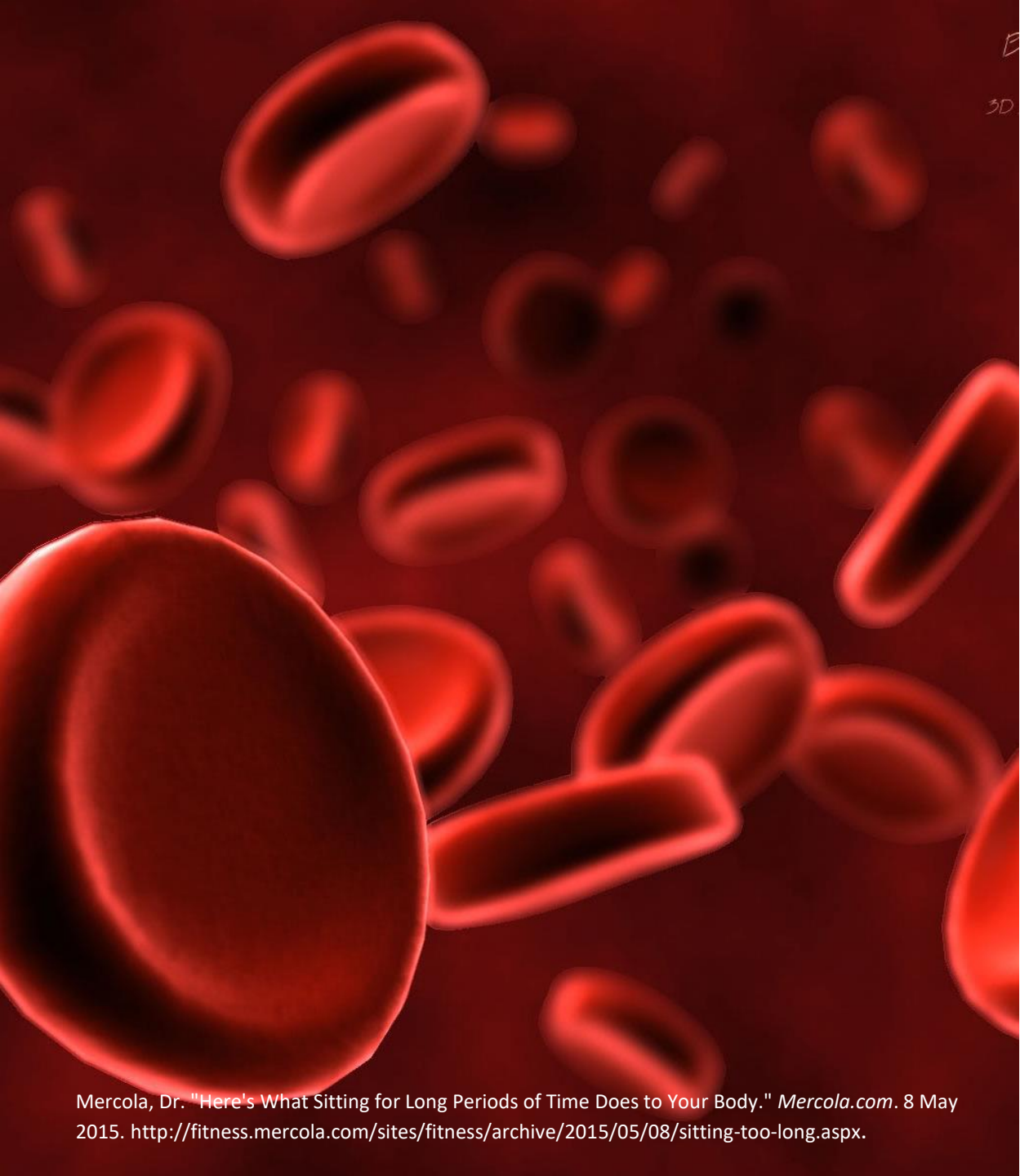
PEOPLE WITH SITTING JOBS **HAVE TWICE THE**  
**RISK** OF CARDIOVASCULAR DISEASE AS PEOPLE  
WITH STANDING JOBS.



## GOALS + INTENTS

# HEALTH EFFECTS OF SITTING

A STUDY OF PEOPLE WHO SIT FOR MANY HOURS FOUND THAT THOSE WHO TOOK **FREQUENT SMALL BREAKS** (STANDING UP TO STRETCH OR WALK DOWN THE CORRIDOR) HAD SMALLER WAISTS AND BETTER PROFILES FOR SUGAR AND FAT METABOLISM THAN THOSE WHO DID THEIR SITTING IN LONG, UNINTERRUPTED CHUNKS.



## GOALS + INTENTS

# HEALTH EFFECTS OF SITTING

WITHIN 90 SECONDS OF STANDING UP, THE MUSCULAR AND CELLULAR SYSTEMS THAT PROCESS BLOOD SUGAR, TRIGLYCERIDES AND CHOLESTERL, WHICH ARE MEDIATED BY INSULIN, ARE ACTIVATED.






GOALS + INTENTS

# PRODUCTIVITY CONSEQUENCES



GOALS + INTENTS

# DESIGN TO ENCOURAGE ACTIVITY



GOALS + INTENTS

# SKELETAL AND JOINT HEALTH

MODERATE – TO VIGOROUS – INTENSITY  
AEROBIC EXERCISE HAS BEEN SHOWN TO  
SLOW DOWN BONE DENSITY LOSS THAT  
HAPPENS AS PEOPLE AGE.



## GOALS + INTENTS

# LET'S FOCUS ON WALKING

THE HARVARD ALUMNI HEALTH STUDY (OVER 11,000 MEN, MEAN AGE 58) FOUND THAT WALKING 20 OR MORE KILOMETERS (12.4 MILES) PER WEEK WAS ASSOCIATED WITH A SIGNIFICANTLY LOWER RISK OF STROKE, INDEPENDENT OF OTHER PHYSICAL ACTIVITY.



GOALS + INTENTS

# AESTHETIC STAIRCASE



TYPICAL OFFICE STAIRWELL



GOALS + INTENTS

# ENVIRONMENTAL CUES TO PROMOTE PHYSICAL ACTIVITY



# MOVEMENT

## IMPACT

Worldwide, if physical inactivity were reduced by just 10%, more than half a million deaths could be averted, while over one million deaths could be averted if physical inactivity were reduced by 25%.<sup>1</sup>

1. Lee IM, Shiroma EJ, Lobelo F, et al. Effect of physical inactivity on major non-communicable diseases worldwide: An analysis of burden of disease and life expectancy. *Lancet*. 2012;380(9838):219-229. doi:10.1016/S0140-6736(12)61031-9.





# MOVEMENT



Promote active living through environmental design strategies, policies and programs.

- V01 Active Buildings and Communities\*
- V02 Ergonomic Workstation Design\*
- V03 Circulation Network
- V04 Facilities for Active Occupant
- V05 Site Planning and Selection
- V06 Physical Activity Opportunities
- V07 Active Furnishings
- V08 Physical Activity Spaces and Equipment
- V09 Physical Activity Promotion
- V10 Self-Monitoring
- V11 β Ergonomics





**V01** ACTIVE BUILDINGS  
AND COMMUNITIES

**V04** FACILITIES FOR  
ACTIVE OCCUPANTS

**V05** SITE PLANNING  
AND SELECTION

# DEFINING CYCLING, WALKING + TRANSIT FRIENDLY PLACES

**CYCLING** - The building is within a 200 m walk distance of an existing cycling network that connects riders to at least **10 use types that are within a 4.8 km cycling distance.**

**WALKING** - Within a 400 m distance of the project boundary, **90% of the total street length has continuous sidewalks** on both sides and two of the following are met:

1. At least **eight existing use types**
2. **Speed limits of 40 kmh or less** and street has buffer protections along sidewalks
3. **Street segments intersect one another** (excluding alleys) at least every 80-100 m.

**TRANSIT** - Is located within a 200 m walk distance of existing **bus network that provides at least 72 trips on each weekday and 30 trips** on each weekend day.

OR

Is located within a 400 m walk distance of **existing bus rapid transit stops, light or heavy rail stations, commuter rail stations or ferry services that provide at least 72 trips on each weekday and 30 trips** on each weekend day.



# V02 ERGONOMIC WORKSTATION DESIGN

Reduce the risk of physical strain on the body through ergonomic design at workstations that supports neutral body positions for seated and standing work and provides opportunities to alternate between seated and standing positions.

1. Support Visual Ergonomics
2. Provide Height-Adjustable Work Surfaces
3. Provide Chair Adjustability
4. Provide Support at Standing Workstations
5. Provide Workstation Orientation



# V11 β ERGONOMICS PROGRAMMING

Enhance well-being and comfort through comprehensive ergonomics programming. Offer assessments and personalized recommendations

1. Implement an Ergonomics Program
2. Commit to Ergonomic Improvements
3. Support Remote Work Ergonomics



## V03 CIRCULATION NETWORK

Encourage stair use through aesthetic design, signage and visibility of staircases.

1. Design Aesthetic Staircases
2. Integrate Point of Decision Signage
3. Promote Visible Staircase



**V07** ACTIVE  
FURNISHINGS

**V06** PHYSICAL ACTIVITY  
OPPORTUNITIES

**V08** PHYSICAL  
ACTIVITY SPACES  
AND EQUIPMENT



# Get on track!

Did you know walking a mile can burn up to 100 calories?  
Start torching calories now by following the column markers.  
Complete the loop just 4 times and you've already walked  
about a mile. Plus, meet your neighbors along the way!



1 loop = 1/4 mile

WELL IN PRACTICE

# MOVEMENT

SYMANTEC – MOUNTAIN VIEW, UNITED STATES



**V09** PHYSICAL  
ACTIVITY PROMOTION

**V10** SELF-  
MONITORING





WELL IN PRACTICE

# ADAPTABLE WORKSTATIONS

HAWORTH OFFICE & SHOWROOM – SHANGHAI, CHINA



10  
10  
10

10



FIRE

Active commuting has substantial mental benefits. Studies found that those who walked, biked, or ran to work had a greater sense of wellbeing than those who drove.

**11** Down to  
Rooms 11.01 to 11.08

**12** This Level  
Rooms 12.01 to 12.02  
Terrace 12.03  
Café  
Tech Hub  
Library  
Recreation Room



Exercise releases endorphins, producing an invigorating feeling post-workout which will help you fly through the afternoon.



WELL IN PRACTICE

# FITNESS FACILITIES

MNP TOWER – VANCOUVER, CANADA

500 Collins Street, Melbourne

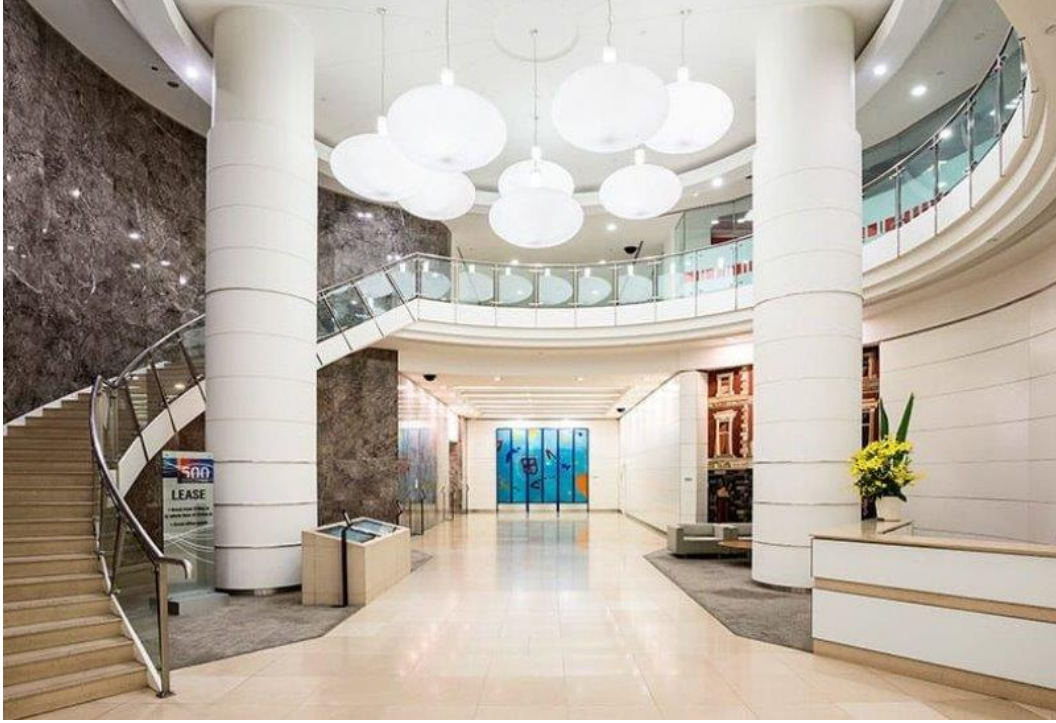


Image credit: Five at Heart; 500 Collins Street. All rights reserved.

# 500 Collins Street, Melbourne



Mark Ross, Managing Director of Kador  
Jack Noonan, Vice President of IWBI APAC  
Richard Poore, Manager of Development and Projects at Kador



# WE ARE WELL

[wellcertified.com](https://wellcertified.com)

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