Active By Design: Promoting Healthy Living through Outreach, Engagement, and Architecture

FitCity 4 Miami: Design and Building for Health

David Piscuskas, FAIA, LEED AP
1100 Architect
2017 AIA NY President
@1100architect | @AIAMIAMI
Obesity has become an epidemic in New York City. The majority of adults and 43 percent of elementary school children in New York City are overweight or obese.

**Diabetes and Obesity Rates in NYC**

<table>
<thead>
<tr>
<th>Year</th>
<th>Adult Obese (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1994–95</td>
<td>12.3%</td>
</tr>
<tr>
<td>1996–97</td>
<td>14.0%</td>
</tr>
<tr>
<td>1998–99</td>
<td>15.0%</td>
</tr>
<tr>
<td>2000–01</td>
<td>15.5%</td>
</tr>
<tr>
<td>2002</td>
<td>18.2%</td>
</tr>
<tr>
<td>2003</td>
<td>20.1%</td>
</tr>
<tr>
<td>2004</td>
<td>21.7%</td>
</tr>
<tr>
<td>2005</td>
<td>19.9%</td>
</tr>
<tr>
<td>2006</td>
<td>21.1%</td>
</tr>
<tr>
<td>2007</td>
<td>22.1%</td>
</tr>
</tbody>
</table>

Actual Obesity Prevalence in 2004 Measured by NYC HANES: 25.7%
Obesity has become an epidemic in New York City. The majority of adults and 43 percent of elementary school children in New York City are overweight or obese.

**Diabetes and Obesity Rates in NYC**

### VERY HIGH RATES OF CHILDHOOD OVERWEIGHT & OBESITY, NYC

**Percentage of Adults with Self-Reported Obesity, NYC, 1994–2007**

- **Obese**: 24%
- **Overweight**: 19%
- **Normal Weight**: 53%
- **Underweight**: 4%

Source: NYC Department of Health and Mental Hygiene, Community Health Survey, 2006

Sources: NYC Department of Health and Mental Hygiene, Community Health Survey, 1994–2007; NYC Department of Health and Mental Hygiene, NYC Health and Nutrition Examination Survey, 2004

Source: NYC Department of Health and Mental Hygiene, NYC Vital Signs, 2003

Provided by The Center for Active Design
Obesity has become an epidemic in New York City. The majority of adults and 43 percent of elementary school children in New York City are overweight or obese.

**Source:** NYC Department of Health and Mental Hygiene, Community Health Survey, 2006
I earned Social Security and Medicare, and when I couldn’t afford healthy food, SNAP HELPED.

- ANDRES, RETIRED BUSINESS OWNER
  East Harlem

WATCH MY STORY AT FoodHelp.nyc
WANT TO FIGHT OFF HEART DISEASE?
MAKE NYC YOUR GYM

Get a day’s workout a little at a time!

- Park your car a few blocks from work........10 min.
- Walk briskly to and from lunch.................20 min.
- Take the stairs......................................5 min.

Adds up to a 35 min. workout!

Call 311, or go to nyc.gov and search:
“Make NYC Your Gym”
Among population-based interventions that are known to be effective, promoting physical activity among children shows strong evidence of success. In an effort to reduce childhood obesity and encourage more physical activity among NYC children, the NYC Parks Department (DPR) will extend Kids in Motion (an outgrowth of Parks’ successful Playground Associate program), which is an innovative fitness and sports program designed to encourage play and outdoor activity. By hiring playground attendants to administer the Kids in Motion program, DPR will expand sports and fitness activities at select playgrounds across NYC with a special emphasis on neighborhoods with high rates of obesity and chronic disease: South Bronx, East and Central Harlem, and Central Brooklyn.

# 8 - Share play spaces across programs such as Head Start and Shape Up NYC

New Yorkers take pride in the abundance of beautiful parks scattered throughout the City that provide venues for play and exercise. While in some areas these sites are numerous, in others there are New Yorkers living farther than a 10-minute walk to a park or playground, making it difficult to provide spaces for recreational activities. The City, through an interagency working group, will conduct a needs assessment to identify both space shortfalls and new potential space-sharing opportunities for daycares, after school programs, and senior centers, among other programs; and create partnerships between agencies and private entities to leverage any advantages.

# 22 - Evaluate all City construction projects for active design opportunities

The structure of the built environment is increasingly recognized as an important facilitator (or inhibitor) of a healthy lifestyle, given that where and how individuals live determines their opportunities to be physically active. In 2010, the City published the Active Design Guidelines (ADGs), a set of strategies that designers, developers, and policy makers can use to increase opportunities for physical activity. Several agencies have worked as partners to address our obesity epidemic by increasing stairwell access in City buildings, promoting stairway use through new signage and campaigns, and installing indoor bike parking for City employees to encourage commuter cycling. The Active Design Guidelines and its physical-activity promoting strategies have also been integrated into many City requests-for-proposals and contracts.

All of the recommended initiatives represent the City’s latest effort to combat obesity and serve as a model for private employers to follow. Increased outreach to encourage the adoption of model employer policies around food and physical activity are an important part of this effort to lead by example.

# 11 - Add playground attendants who lead free physical activity programs in City parks

With more than 300,000 employees and an array of programs offered by our agencies that encourage physical activity and help prevent obesity, the City of New York stands to lead the way in the fight against obesity. The Mayor’s Obesity Task Force examined a variety of ideas to make the workplace healthier for City employees that expanded upon initiatives already underway.

Nearly four years ago New York became the first major city in the country to set nutrition standards for all foods purchased and served by City agencies with the goal of improving the health of all New Yorkers by decreasing the risk of chronic disease related to poor nutritional intake. These standards ensure that the 290 million snacks and meals served annually by City agencies and their programs are healthier than ever. Since the initial implementation of New York City Food Standards in 2008, additional standards were established for all beverage and food vending machines on City property.

Several agencies have worked as partners to address our obesity epidemic by increasing stairwell access in City buildings, promoting stairway use through new signage and campaigns, and installing indoor bike parking for City employees to encourage commuter cycling. The Active Design Guidelines and its physical-activity promoting strategies have also been integrated into many City requests-for-proposals and contracts.

All of the recommended initiatives represent the City’s latest effort to combat obesity and serve as a model for private employers to follow. Increased outreach to encourage the adoption of model employer policies around food and physical activity are an important part of this effort to lead by example.

# 22 - Evaluate all City construction projects for active design opportunities

The structure of the built environment is increasingly recognized as an important facilitator (or inhibitor) of a healthy lifestyle, given that where and how individuals live determines their opportunities to be physically active. In 2010, the City published the Active Design Guidelines (ADGs), a set of strategies that designers, developers, and policy makers can use to increase opportunities for physical activity. Several agencies have worked as partners to address our obesity epidemic by increasing stairwell access in City buildings, promoting stairway use through new signage and campaigns, and installing indoor bike parking for City employees to encourage commuter cycling. The Active Design Guidelines and its physical-activity promoting strategies have also been integrated into many City requests-for-proposals and contracts.

All of the recommended initiatives represent the City’s latest effort to combat obesity and serve as a model for private employers to follow. Increased outreach to encourage the adoption of model employer policies around food and physical activity are an important part of this effort to lead by example.

Photos via DOHMH
2006

February: Project Awarded
June: Registration complete
Begin SD, DD, CD, Bid
Documents, and City & Departmental reviews
February: Project Awarded
June: Registration complete
Begin SD, DD, CD, Bid Documents, and City & Departmental reviews

2006

2009

Complete SD, DD, CD, Bid Documents, and City & Departmental reviews
2006
February: Project Awarded
June: Registration complete
Begin SD, DD, CD, Bid Documents, and City & Departmental reviews

2009
Complete SD, DD, CD, Bid Documents, and City & Departmental reviews

2010
Bid, award, and registration
February: Project Awarded
June: Registration complete
Begin SD, DD, CD, Bid
Documents, and City & Departmental reviews

2009

Complete SD, DD, CD, Bid
Documents, and City & Departmental reviews

2010

Bid, award, and registration

2014

Completion and move-in
In one minute, a 150 lb person burns 10 calories walking the stairs and only 1.5 calories riding the elevators.
Based on research from DOHMH, the team of 1100 Architect/Atelier Ten/DOHMH writes a credit proposal to USGBC consisting of narrative, drawings and research references.

USGBC responds that they would like to see a system for measuring and quantifying the interventions and their benefits.

1100 Architect/DOHMH/DDC/OMB designs a matrix which includes all of the specific interventions along with definition of the base case and goals to be met.

USGBC responds that they would like to see more quantifiable evidence of the benefits.

1100/DOHMH creates a second matrix, including all of the specific health and energy benefits and exactly how studies showed that the interventions would improve health.

USGBC responds: The credit is granted after appeal!
GOAL
To encourage design for health through increased physical activities

DESIGN FOR INCREASED STAIR USE:

STAIR DOOR OPERATION
Locking operation
Transparency from corridor by material choice
Transparency from corridor through operational device

STAIR LOCATION
Visibility
Priority of location with respect to elevators
Visibility of location with respect to elevators
Principal path of travel
Proximity of occupants to stairs

CIRCULATION SIGNAGE
Prompts at stairs
Prompts at elevators

STAIR DESIGN AND AESTHETICS
Electrical Lighting
Natural Lighting
Music
Artwork
Finishes
Ventilation
Security
Size

ELEVATOR FUNCTIONALITY
Door Speed
Location
Operation
Research has indicated that a favored position for the stairs will increase use. Considerations include proximity to lobby, elevators and shortening travel distances where possible.
Ideally the stairway aesthetics will be consistent with the adjacent corridors. Occupants should have a sense that the space is safe. Design elements can be added to draw occupants’ attention.
Fit-City:
Promoting Physical Activity Through Design
FitCity is not just a conference. It’s a movement.

— David Burney, FAIA, Interim Executive Director, the American Institute of Architects New York Chapter and Center for Architecture; Chair, Center for Active Design
SUSTAINABILITY DIAGRAM

- Fresh Air Ventilation Monitors
- Long-term Lease in LEED Certified Building
- 91% Certified Wood
- 90% of Equipment Available for Energy Star
- 28% Total Recycled Content
- 83% of Construction Waste Diverted
- 39% Regional Materials Manufactured
- 23% of Regional Materials Extracted
- Green Housekeeping
- Low V.O.C. Finishes
- Lighting Occupancy Sensors
- Daylighting Controls
- 98% of Regularly Occupied Spaces Have Daylighting
- High-performance Insulated Glazing with Glare Reduction
- Power Provided by Green-certified Power Distributor
- Graywater System
- Low-flow Fixtures
- Green Education
Lighting Occupancy Sensors
Energy Efficient Lights
Regularly Occupied Spaces Have Daylighting
Stair Design Encourages Physical Activity
High-performance Insulated Glazing with Low-E Coating
Natural Ventilation
Recycled Material
Lighting Occupancy Sensors Energy Efficient Lights
Recycled Material
2011

FitCity 6 tackles childhood obesity through Active Design.


2012

FitCity 7 expands with FitNation events held in Washington, DC and New Orleans, and a FitWorld event in London.

Publication: *Active Design Supplement: Promoting Safety*, developed by the Johns Hopkins Bloomberg School of Public Health with the NYC Department of Health and Mental Hygiene.

2013

FitCity 8 explores Active Design’s interdependence with environmental resilience and access.

Publication: *Active Design: Shaping the Sidewalk Experience*, developed by the NYC Department of City Planning.

2014

FitCity 9 examines the role of Active Design in promoting social equity.

Publication: *Active Design for Affordable Housing*, developed by the NYC Departments of Health and Mental Hygiene, Housing Preservation and Development, and Design and Construction.

Publication: *Active Design Guide for Community Groups*, developed by the NYC Department of Health and Mental Hygiene.

2015

FitCity 10 continues the conversation on the role of Active Design in equitable urban development.

Active Design is integrated into the Enterprise Green Communities Criteria.

Publication: *Active Design Toolkit for Schools*, developed by the Partnership for a Healthier New York City in collaboration with the NYC Departments of Health and Mental Hygiene, Education, and Transportation.

Publication: *Building Healthy Places Toolkit*, a partnership between the Urban Land Institute and the Center for Active Design.
Active Design promises benefits not only for public health but also for the well-being of the population. By adopting the strategies included in the active design guidelines developed in the field, the latest academic research as well as best practices and cost-effective solutions are applied to contribute toward the vision of a more livable and hospitable New York City and elsewhere helped defeat infectious diseases like cholera and tuberculosis which are shaped by the built environments in which we live, work, and play. Today, over-consumption of calories and under-expenditure of human energy, both of which are drivers of obesity and with it type 2 diabetes are now epidemic in New York City, and both diet are second only to tobacco as the main causes of premature death in the United States. A growing body of research suggests that evidence-based architectural and urban design strategies can increase regular physical activity and healthy eating.

Synergies with Sustainable and Universal Design

In the 21st century, designers can again play a crucial role in combating the biggest public health epidemics of our time: obesity and related chronic diseases such as diabetes, heart disease, and some cancers. Today, physical inactivity and unhealthy diets are second only to tobacco as the main causes of premature death in the United States. A growing body of research suggests that evidence-based architectural and urban design strategies can increase regular physical activity and healthy eating.

Urban Design: Creating an Active City

● Develop and maintain mixed land use in city neighborhoods;

● Improve access to transit and transit facilities;

● Improve access to plazas, parks, open spaces, and recreational facilities, and design these spaces to maximize their active use where appropriate;

● Improve access to full-service grocery stores and fresh produce;

● Design accessible, pedestrian-friendly streets with high connectivity, traffic calming features, landscaping, lighting, benches, and water fountains;

● Facilitate bicycling for recreation and transportation by developing continuous bicycle networks and incorporating infrastructure like safe indoor and outdoor bicycle parking.
Active Design Guidelines

Building Design: Creating Opportunities for Daily Physical Activity

- Increase stair use among the able-bodied by providing a conveniently located stair for everyday use, posting motivational signage to encourage stair use, and designing visible, appealing and comfortable stairs;

- Locate building functions to encourage brief bouts of walking to shared spaces such as mail and lunch rooms, provide appealing, supportive walking routes within buildings;

- Provide facilities that support exercise such as centrally visible physical activity spaces, showers, locker rooms, secure bicycle storage, and drinking fountains;

- Design building exteriors and massing that contribute to a pedestrian-friendly urban environment and that include maximum variety and transparency, multiple entries, stoops, and canopies.
ARCHITECTS:
ASSEMBLY
REQUIRED
Building Entry and Exterior Areas

All residents should be able to move comfortably and safely from outdoors to their apartments.

SITE AREAS

SLIP-RESISTANT
Install slip-resistant walking surfaces outside and inside
› Avoid slippery or uneven materials
› Check walkways for loose pavers and keep paths clear of debris

MARKED WALKWAYS
Mark safe-walking areas with contrasting textures and colors
› Use color and/or texture to identify potential trip hazards such as sidewalk and ramp edges

SIDEWALK
Maintain the sidewalk adjacent to the building
› New York City property owners are responsible for installing, repairing, and maintaining sidewalks adjoining their property

PARKING
Provide well-lit parking with a pedestrian path to the building entry
› Provide accessible parking spaces close to the entry

PLANTS
Include plants to promote residents’ well-being

LIGHTING

ADEQUATE LIGHTING
Provide and maintain adequate lighting at signs, stairs, pathways, doors, and vestibules

Eliminate dark spots, even on public sidewalk
› Locate light fixtures to avoid dark spots and shadows
› Pay special attention to the transition from sidewalk to entry, where falls often occur

Provided by The Center for Active Design
Well-designed common areas can encourage socializing and reduce feelings of isolation. The recommendations below are for the most typical apartment building common areas. Where space allows, rec rooms, gyms, community gardening areas, communal kitchens, and other common rooms can also promote active use and recreation.

Encouraging and enabling tenants to become acquainted with one another and develop an intra-residential community is likely to increase safety and security, and can help improve building maintenance.

**LOBBY**

Install **SLIP-RESISTANT** surfaces

**COLORS**
Add contrasting colors at material and level changes
› Signal level changes to help prevent falls

**HANDRAILS**
Add handrails along circulation routes
› See *Throughout the Building*

**Floors**
Avoid slippery floors in wet weather
› Install a non-slip entrance floor mat
› Provide umbrella bags

Provide a **SHELF** or other surface at the front door and mailroom or mailboxes for bags and packages

Provide a **RAMP** or platform lift at level changes

**EMERGENCY ITEMS**
Stock lobby storage closet with accessible and emergency items
› Items stored may include mobility device, portable stair climber, evacuation chair, dedicated power outlet, emergency phone charging station, and small lockers for tenants’ devices and valuables

Social space providing a mixture of movable chairs with arms and backs, benches, and tables in bright colors with ample light and a view of the outdoors. Photo courtesy of Redtop Architects and Andrew Rugge.

Provided by The Center for Active Design
Apartments

Apartments

LIVING AREAS AND THROUGHOUT THE APARTMENT

Install **SLIP-RESISTANT** surfaces

Provide **NO-STEP THRESHOLDS**
› Use no-step or compressible rubber thresholds to reduce tripping hazards
› Thresholds should be no more than 1/2” tall with 1:2 max bevel edges
› Providing a threshold in a contrasting color improves visibility and can reduce falls

**CLEAR PATHS**
Provide clear, wide paths of travel
› Keep hallways and pathways clear of furniture and protruding objects
› Avoid throw rugs and clutter

**GRAB BARS**
Add grab bars or handrails along circulation routes
› See **Throughout the Building**

**COLORS**
Add contrasting colors at material and level changes
› Avoid strong patterns and shiny surfaces

**RAMP**
Provide a ramp or platform lift at level changes

**DOORS**
Install doors to swing into rooms
› Bathroom doors are an exception and should swing out

Provide a **SHELF** or other surface at the front door for bags and packages

When replacing **WINDOWS**, consider awning-type units, which are easiest to operate

Provide more **ELECTRICAL OUTLETS** than required by code, at 18” to 24” above the floor

Install **SMOKE AND CARBON MONOXIDE DETECTORS** and test regularly, as required by NYC law

Provided by The Center for Active Design
Evidence-Based Recommendations

1. Incorporate a mix of land uses
2. Design well-connected street networks at the human scale
3. Provide sidewalks and enticing, pedestrian-oriented streetscapes
4. Provide infrastructure to support biking
5. Design visible, enticing stairs to encourage everyday use
6. Install stair prompts and signage
7. Provide high-quality spaces for multigenerational play and recreation
8. Build play spaces for children

9. Accommodate a grocery store
10. Host a farmers market
11. Promote healthy food retail
12. Support on-site gardening and farming
13. Enhance access to drinking water
14. Ban smoking
15. Use materials and products that support healthy indoor air quality
16. Facilitate proper ventilation and airflow
17. Maximize indoor lighting quality
18. Minimize noise pollution
19. Increase access to nature
20. Facilitate social engagement
21. Adopt pet-friendly policies

Provided by The Center for Active Design
PROVIDE SIDEWALKS AND ENTICING, PEDESTRIAN-ORIENTED STREETSCAPES

EVIDENCE-BASED STRATEGIES

1. Build sidewalks in all new communities to encourage walking and to help keep pedestrians safe.¹⁷

2. Include well-marked crosswalks, special pavers, and curb extensions to visually highlight pedestrians and slow traffic.²⁴

3. Light streets, trails, and public spaces to minimize dark and unsafe areas.²⁵,²⁶

TOP: Sidewalks connect homes in the Mueller neighborhood in Austin, Texas. (Thomas McConnell Photography) ABOVE: In New York City, a variety of strategies—including signs, curb extensions, medians, and special markings—are used to keep pedestrians safe when crossing the street. (New York City Department of Transportation)
5 DESIGN VISIBLE, ENTICING STAIRS TO ENCOURAGE EVERYDAY USE

EVIDENCE-BASED STRATEGIES

- Provide open stairs that are unobstructed by turns or other obstacles.  
- Place stairs within 25 feet of an entrance and before any elevators.  
- Use aesthetic treatments such as vivid colors, artwork, and music.  
- Treat stairs with the same finishing standards as other public corridors in the building.  

TOP: The Gates Foundation headquarters in Seattle, Washington, features bright, open stairs. (Rachel MacCleery)  
RIGHT: At the Arbor House development in the Bronx, New York, the main entrance was relocated to make stairs more prominent and visible. (Blue Sea Development Company)
BUILD PLAY SPACES FOR CHILDREN

EVIDENCE-BASED STRATEGIES

7. Preserve or create natural terrain to support play. For example, plant trees, grasses, and other greenery; make a hill to climb or cycle around; and add boulders, tree stumps, or sand.

8. Incorporate simple interventions such as colorful ground markings to inspire more active play among children.

9. Think beyond classic swings and slides; install playground equipment that includes movable parts, imaginative playscapes, and opportunities for children of all abilities.

TOP: An empty parking lot was transformed into an appealing playground in New York City. (Joan Keener/The Trust for Public Land) RIGHT: Colorful ground markings inspire play for children in Houston, Texas. (Community Design Resource Center, University of Houston)
19 INCREASE ACCESS TO NATURE

EVIDENCE-BASED STRATEGIES

Maximize access to natural areas. Preserve and restore natural areas within and around your project.

Plant trees, which support air quality, provide shade, and increase outdoor comfort. Include trees in parks and plazas and along sidewalks.

Provide views of nature through strategic placement of windows, indoor plants, or pictures of nature.

Park 20|20
HAARLEMMEER, NETHERLANDS

PARK 20|20, a 28-acre office park in Haarlemmermeer, Netherlands, is designed with the health of the building occupants in mind. The project, developed by Delta Development Group and designed by William McDonough + Partners, features specially selected plants that are used to filter internal air through green walls that store carbon dioxide and produce fresh oxygen. Dust is minimized through a ductless floor system and through moss that acts as a natural filter.

Natural light is abundant throughout the office space, minimizing the need for much artificial light. LED lighting—the closest lighting to sunlight—was used to the extent possible, and an automated sun-shading system regulates the interior lighting based on sun and cloud cover. Each office space contains a window that can be opened for fresh air, and buildings are horseshoe shaped with large atriums that allow natural light from two sides. Natural views are provided through 22 acres of open space, which includes a central park that is visible from surrounding streets.

Park 20|20, a 28-acre office park in Haarlemmermeer, Netherlands, is designed with the health of the building occupants in mind. The project, developed by Delta Development Group and designed by William McDonough + Partners, features specially selected plants that are used to filter internal air through green walls that store carbon dioxide and produce fresh oxygen. Dust is minimized through a ductless floor system and through moss that acts as a natural filter.

Natural light is abundant throughout the office space, minimizing the need for much artificial light. LED lighting—the closest lighting to sunlight—was used to the extent possible, and an automated sun-shading system regulates the interior lighting based on sun and cloud cover. Each office space contains a window that can be opened for fresh air, and buildings are horseshoe shaped with large atriums that allow natural light from two sides. Natural views are provided through 22 acres of open space, which includes a central park that is visible from surrounding streets.

Singapore’s Interlace project includes water features, courtyards, green spaces, and shade as a response to the limited amount of open space in the city. (CapitaLand Singapore/Woh Hup [Building] Limited)
FACILITATE SOCIAL ENGAGEMENT

EVIDENCE-BASED STRATEGIES

Create community gathering spaces—plazas, parks, dog runs, roof decks, and barbecue areas—to encourage social interaction and enhance opportunities for physical activity. Open these gathering spaces to the public to strengthen community ties.

Design on-site spaces to accommodate classes and programs that promote healthy activities, such as fitness, cooking, nutrition, and gardening.

TOP: Break rooms with kitchens and outdoor meeting areas with power outlets and wi-fi are provided for the tenants at Champion Station in San Jose, California. (David Wakely)

ABOVE: At Rancho Sahuarita in Sahuarita, Arizona, residents can select from more than 50 classes per week, including karate, yoga, ballet, and tennis. (Rancho Sahuarita)
FACILITATE  
SOCIAL ENGAGEMENT

Create community gathering spaces—plazas, parks, dog runs, roof decks, and barbecue areas—to encourage social interaction and enhance opportunities for physical activity.

Open these gathering spaces to the public to strengthen community ties.

Design on-site spaces to accommodate classes and programs that promote healthy activities, such as fitness, cooking, nutrition, and gardening.

TOP:
Break rooms with kitchens and outdoor meeting areas with power outlets and wi-fi are provided for the tenants at Champion Station in San Jose, California. (David Wakely)

ABOVE:
At Rancho Sahuarita in Sahuarita, Arizona, residents can select from more than 50 classes per week, including karate, yoga, ballet, and tennis. (Rancho Sahuarita)
FACILITATE SOCIAL ENGAGEMENT

Create community gathering spaces—plazas, parks, dog runs, roof decks, and barbecue areas—to encourage social interaction and enhance opportunities for physical activity.

Open these gathering spaces to the public to strengthen community ties.

Design on-site spaces to accommodate classes and programs that promote healthy activities, such as fitness, cooking, nutrition, and gardening.

TOP: Break rooms with kitchens and outdoor meeting areas with power outlets and wi-fi are provided for the tenants at Champion Station in San Jose, California. (David Wakely)

ABOVE: At Rancho Sahuarita in Sahuarita, Arizona, residents can select from more than 50 classes per week, including karate, yoga, ballet, and tennis. (Rancho Sahuarita)
Special thanks to:
AIA Miami
The Center for Active Design
AIA New York