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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 multi-generational 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
HEALTH, WELLNESS AND COMMUNITY

HOW DO WE TACKLE MOST URGENT CURRENT HEALTH CRISIS
- OBESITY AND RELATED DISEASES

ACTIVE DESIGN GUIDELINES: ALTER BEHAVIOR BY MODIFYING
THE BUILT ENVIRONMENT

1. INTEGRATE HEALTHFULL AND ACTIVE LIVING INTO BUILDINGS AND NEIGHBORHOODS

2. ENHANCE THE LIFE OF OTHERS- EFFECTIVE AND INVISIBLE DESIGN SOLUTIONS THAT MODIFY

URBAN DESIGN STRATEGIES

LAND USE MIX

ACCESS TO SUPERMARKETS, FARMERS MARKETS

PARKS/PLAY AREAS/COMMUNITY SPACES

TRANSIT ACCESS

BIKE STORAGE

PEDESTRIAN FRIENDLY ENVIRONMENT
HEALTH, WELLNESS AND COMMUNITY

OPEN SPACE

PHYSICAL ACTIVITY

WIDE RANGE OF USERS
Physical Activity credit (B-8)
- Active vertical circulation visible from motorized vertical circulation.

Dedicated freight elevator. Not open to public use.

Physical Activity credit (B-8)
- Proximity of active vertical to occupants prior to reach motorized circulation.

Physical Activity credit (B-7)
- Less prominence of motorized vertical circulation.
- 40+ feet away from main lobby (25 feet required)
- at least one turn travel.

Physical Activity credit (B-4)
- Visible active vertical circulation at entrance.

Physical Activity credit (B-5)
- Visible active vertical circulation reached before motorized vertical circulation.

Physical Activity credit (B-6)
- Active vertical circulation visible from motorized vertical circulation.

Physical Activity credit (B-8)
- Active vertical circulation located within principal path of travel.

Physical Activity credit (B-8)
- Proximity of active vertical to occupants prior to reaching motorized circulation.

Motorized Vertical Circulation (Elevators)
BARRIERS FOR IMPLEMENTING THE ACTIVE DESIGN GUIDELINES IN SINGLE BUILDINGS

CLIENT PERCEPTIONS

Cost

Space allocations

Maintenance of design elements

BUILDING CODES

Open stairs cannot be used for egress so become a redundant stair

Incentives could be built into codes: natural lighting, stair widths, elevator locations

LACK OF SCALE

One building at a time

Creating effective awareness for occupants to get benefits

WHY DO WE CARE AS DESIGNERS?

We spend as much as 90% of our time indoors (architects may spend even more).

Like humans, buildings have longer lifespans now. How they are designed and built today will affect people who use them for over half a century.

Unlike site selection and major program elements, the building’s circulation system is under an architect’s control. We can design better circulation systems simply and effectively.

Get beyond the basics of LEED.