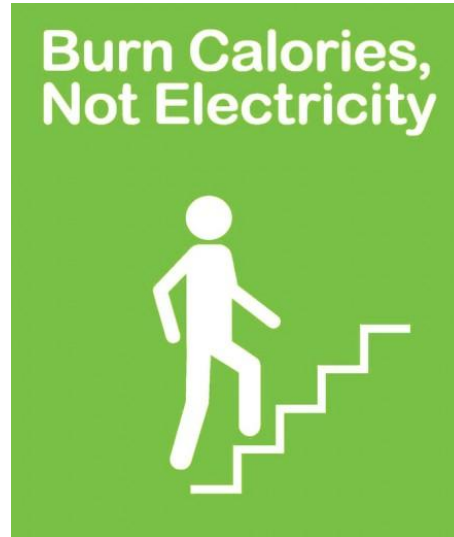


# Great Places to Work

## Health & Wellness Committee

December 2009  
Movement & Activity  
Recommendations:

1. Promote & Increase Stair Usage
2. Promote Bicycle Commuting
3. Promote Walking



1. Promote health, wellness and an active lifestyle without separate "exercise" programs.
2. Simple ways to increase daily activity and wellness without a significant time commitment, but by simply altering habits.
3. Helps UofL reduce costs and fossil-fuel consumption/emissions.
4. Multi-dimensional, flexible, and highly scalable programs.

# Great Places to Work

## Health & Wellness Committee

### 2011 Recommendation

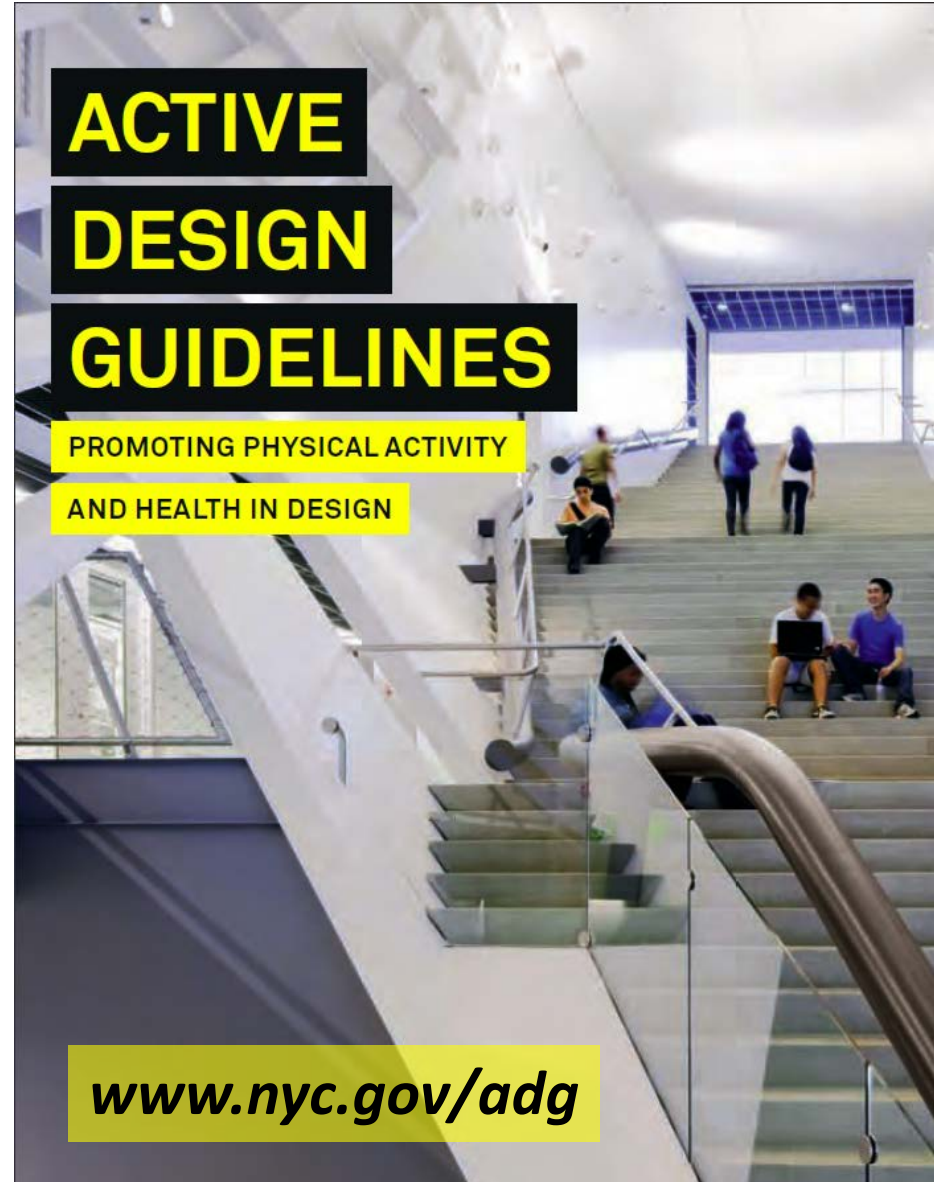
#### Adopt the *Active Design Guidelines* in Campus Master Planning

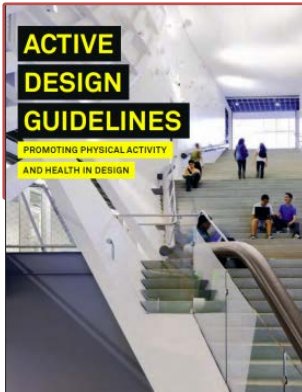
- Developed by the City of New York & the American Institute of Architects
- Provides architects and urban designers with a manual of strategies for creating healthier buildings, streets, and urban spaces, based on the latest academic research and best practices, including:
- Urban design strategies for creating neighborhoods, streets, and outdoor spaces that encourage walking, bicycling, and active transportation.
- Building design strategies for promoting active living—e.g., placement and design of stairs, elevators, and other spaces.
- Discussion of synergies between active design and sustainable design initiatives such as LEED.

# ACTIVE DESIGN GUIDELINES

PROMOTING PHYSICAL ACTIVITY  
AND HEALTH IN DESIGN

[www.nyc.gov/adg](http://www.nyc.gov/adg)





# Urban Design Checklist

- 2.1 Land Use Mix
- 2.2 Transit and parking
- 2.3 Parks & open spaces
- 2.4 Children's play areas
- 2.5 Public plazas
- 2.6 Grocery & fresh produce access
- 2.7 Street connectivity
- 2.8 Traffic calming
- 2.9 Designing pedestrian pathways
- 2.10 Programming streetscapes
- 2.11 Bicycle networks & connectivity
- 2.12 Bikeways
- 2.13 Bicycling infrastructure

Provide signage at buildings, transit stops, etc. showing a map and the distance, time, route, and calories burned to the nearest transit stop.

Make bicycle and pedestrian routes to parks and public spaces safe and visible.

Locate public plazas along popular pedestrian ways.

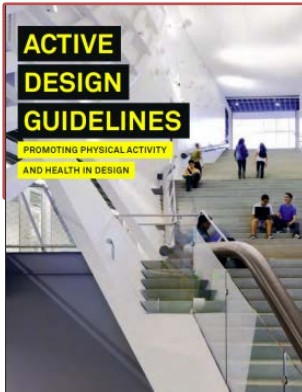
Design vehicular driveways and ramps to minimize contact between cars and pedestrians.

Vertical deflections such as raised crossings.

Create a buffer to separate pedestrians from moving vehicles using street furniture, trees, and other sidewalk infrastructure.

Design interconnected bikeways and establish a backbone network of unbroken through routes.

Provide adequate facilities for bicyclists to park.



# Building Design Checklist

- 3.1 Designating stairs for everyday use
- 3.2 Stair location and visibility
- 3.3 Stair dimensions
- 3.4 Appealing stair environment
- 3.5 Stair prompts
- 3.6 Elevators and escalators
- 3.7 Building programming
- 3.8 Appealing /supportive walking routes
- 3.9 Building facilities that support exercise
- 3.10 Building exteriors and massing

Integrate the stairs with the principal areas of orientation and travel within the building.

Locate an appealing, visible stair directly on the building's principal paths of travel.

Make stairs wide enough to accommodate travel in groups and in two directions.

Incorporate natural daylight into the stair environment. Select bright, inviting colors.

Locate elevators out of direct view from the entrance. Limit escalator operation to rush hours.

Provide daylighting and visually appealing environments along paths of travel.

Provide secure, sheltered, and accessible bicycle storage, preferably on the ground floor.

Incorporate canopies/awnings into building facades.