

MechSE WELLness

V01 Active Buildings and Communities

Intent: Promote movement, physical activity, and active living through building design.

Physical inactivity is related to premature death and chronic diseases, including type 2 diabetes, cardiovascular disease, depression, stroke, dementia, and some forms of cancer. Over time, we have made choices that reduce movement in our homes, transportation, and places of school and work. Active design, a form of environmental design, considers how to use staircases, physical activity spaces, and pedestrian-scale elements to encourage daily physical activity and movement.

Impact: If physical activity could be increased by 25% globally, one million deaths can be avoided.

What are the requirements to earn this credit?

1. Design an active building, by achieving ONE of the following credits (see those credits for more information):
 - a. Feature V03: Movement Network and Circulation.
 - b. Feature V04: Active Commuter and Occupants Support.
 - c. Feature V05: Site Planning and Selection.
 - d. Feature V09: Exterior Active Design.

How is MechSE accomplishing these requirements?

We have many positive contributions in our community, campus, and building that allow us opportunity to have an active lifestyle and better health. LUMEB meets not just one of the features above, rather all four! For over a century, art, bicycles, play areas such as quads and exercise fields and buildings, care of outside spaces, and pleasing building design exert an appealing effect to venture outdoors and be active! Check out just how we meet all four features above.



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