

MechSE WELLness

V03 Movement Network and Circulation

Intent: Promote daily physical activity and movement within the building.

Physical inactivity and sedentariness have emerged as a primary focus of public health in recent years due to the host of negative health implications associated with both behaviors. Strategies that promote stair use and general movement throughout buildings have emerged as promising methods to encourage short-bouts of health-enhancing physical activity throughout the day.

Impact: Stair climbing enhances certain health outcomes. Aesthetically pleasing stairwells and hallways encourage occupant movement.

What are the requirements to earn this credit?

1. Hallways and stairwells are to have at least two of the following per floor: artwork, light levels of 20 footcandles, daylight, plants, images of nature, or gamification.
2. Promote stairwell use via signage that encourages the use of stairs at elevators, base of stairs and every entrance point, and at junctions in corridors that lead to a stairwell or elevator.

How is MechSE accomplishing these requirements?

As you walk the facility, you will note signage encouraging you to use the stairs. Hallways and stairwells have a combination of artwork, daylight, lighting levels of 20 footcandles, nature images, and just maybe gamification (if not yet, eventually!). Our goal is to keep hallways and community spaces fresh for you to visit frequently and see new things as you practice an active lifestyle!



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