

# MechSE WELLness

## V05 Site Planning and Selection

**Intent: Promote active living and physical activity by selecting sites that are in close proximity to public transportation and offer pedestrian and cyclist infrastructure.**

Beyond the physical features of a building, the context in which the building is situated also plays an integral role in physical activity opportunities and choices. Specific to a workplace, evidence shows that closer destinations (0.25 to 0.5 miles) such as mass transit, shopping, restaurants/dining, and residences are associated with higher levels of walking. Those who use mass transit rather than driving accrue higher levels of physical activity. Walkable communities are associated with reduced carbon footprint, increased activity levels, lower levels of sedentary behaviors, reduced blood pressure, decreased risk of diabetes, obesity, and depression. The presence of cyclist lanes and infrastructure for cyclist safety are known to increase ridership.

**Impact: The impact reaches beyond active living to improving nearly every aspect of community health and vitality.**

### What are the requirements to earn this credit?

1. LUMEB must be within 0.25 mile (400 meters) to a) grocery, b) convenience, c) pharmacy, d) bank, e) restaurant, f) post office, g) place of worship, h) library.
2. LUMEB must be located within 0.25 mile (400 meters) to mass transit that has 72 trips offered per weekday and 40 trips per weekend.
3. LUMEB must have continuous sidewalks within least 0.5 mile (800 meters).
4. LUMEB must be located within 656 feet (200 meters) of an existing bicycle network that connects users to similar locations as #1 above.

### How is MechSE accomplishing these requirements?

LUMEB is located in an ideal location on campus! We really haven't had to do anything to win this credit, as our community and campus makes this possible. Green Street is a major artery for the Champaign-Urbana mass transit services. Mass transit is located directly to the south of the building, with at least four regular buses (Red, Green, Teal, and Silver) that come past every 15 to 30 minutes on weekdays and every hour on weekends, and the service is free to everyone. We all know that food is to the west a couple blocks, as well as Target and County Market, the Post Office, banks, medical care, shopping, etc. We can walk there or ride our bicycle on the new paths recently put in. We have many good things to keep us active!

