



Understanding Fitwel's Seven Health Impact Categories

We spend 90% of our time inside buildings; therefore, the way buildings are designed and operated has a direct impact on our health and well-being. Fitwel Certification uses specialized scorecards, relevant to the type of property, to ensure that the building implements and maintains health-focused protocols and amenities.

Fitwel strives to prioritize the physical health, community health, safety, and feelings of well-being of all occupants and in turn, has a direct correlation on tenant satisfaction and productivity.

Here are the seven main health categories that Fitwel evaluates when certifying healthy building projects.



Impacts Surrounding Community Health - Strategies that impact surrounding community health broaden the impact of the project past the health of on-site occupants, reaching those who live, work, play, or learn in the neighboring areas.



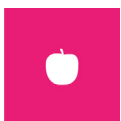
Reduces Morbidity and Absenteeism - Strategies that reduce morbidity and absenteeism promote decreased rates of chronic disease and mental health conditions, resulting in a healthy office with reductions in disease transmission and fewer missed days of work.



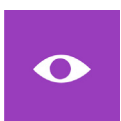
Supports Social Equity for Vulnerable Populations - Strategies that support social equity for vulnerable populations ensure that a range of populations, including children, elderly, disabled, or socio-economically disadvantaged persons have increased access to health-promoting opportunities whether through universal accessibility, pricing incentives for healthier food options, targeted health-promoting amenities, or increased access to public transportation.



Instills Feelings of Well-Being - Strategies that instill feelings of well-being promote inclusion, relaxation, and perceptions of safety through rejuvenating and clean spaces, an enhanced connection to nature, and opportunities for social engagement.



Enhances Access to Healthy Foods - Strategies that enhance access to healthy foods provide occupants with expanded availability to fruits, vegetables, and other nutritious food options by diversifying the outlets and sources of healthy foods, promoting healthier choices, and reducing the cost of healthier options through pricing incentives.



Promotes Occupant Safety - Strategies that promote occupant safety decrease risk of crime and injury, protect bicyclists and pedestrians from vehicular traffic, and increase stair safety.



Increases Physical Activity - Strategies that increase physical activity incorporate opportunities for movement into everyday life whether through encouraging active transportation, promoting stair use, or expanding access to indoor and outdoor fitness areas and equipment.