Design for Active Living

Aim of Innovation Challenge
To promote well-designed spaces and strategies that promote healthy and active living.

Why is this Innovation Challenge important?
A well-designed space that supports physical activity and social engagement can contribute to the health and well-being of occupants. The provision of visible, well-designed stairs, as well as appropriate signage, art, active communal spaces or recreation facilities all contribute to and facilitate active living. This can occur within fitouts, within the building itself, or through a well designed public spaces.

This Innovation Challenge aims to encourage designs that cater for active occupants. It encourages an assessment of the likely occupant’s activities and the provision of solutions that minimise sedentary and solitary activities by making active living options highly attractive. It also encourages strategies that provide information on the health benefits of an active space, as well as the uptake of cycling and walking to work (where relevant).

Points available: 1

Eligible rating tools
- Green Star rating tools for Design and As Built (legacy rating tools)
- Green Star – Interiors
- Green Star – Performance

To claim this Innovation Challenge
To claim this Innovation Challenge your project team must:
- Perform an assessment of the likely activities of at least 80% of all regular building occupants.
- Develop solutions that increase the likelihood of active movement (reducing sedentary activities), as well as solutions that encourage social interaction.
- Inform the occupants of the different solutions and strategies, and the health benefits that each provide.

References
The Green Star – Communities rating tool includes a Healthy and Active Living credit. For your information and reference this credit is attached to this Innovation Challenge. The Green Star – Communities credit is an example of how this initiative is applied at a precinct, neighbourhood and/or community scale. The challenge is how your project will apply this initiative at a building scale.

Green Star - Communities Design for Active Living credit
Healthy Spaces and Places: A National Guide for Designing Places for Active Living
Active Design Guidelines
Active Buildings

[Green Star logo]
Next steps

1. Sign up for this Innovation Challenge using the Green Star Project Manager.

2. Proposed assessment methodology and benchmarks using the Innovation Challenge form on the Green Star Project Manager.

3. Receive approval from GBCA to use Innovation Challenge.

4. Submit documentation with Round 1 or Round 2 assessment submission.

5. Provide feedback to GBCA on the application of the Innovation Challenge to their project. This feedback is to be provided to the GBCA in written format to help inform improvements to the content of the Innovation Challenge.

   It is expected that 500 to 1000 words would suffice and the feedback must include:
   a. The name of the Innovation Challenge claimed;
   b. The time period related to the implementation of the Innovation Challenge (how long it took to implement);
   c. The type of development the Innovation Challenge was applied to (NCC building class or building use);
   d. The perceived or demonstrated benefits to the owner and project team. This should form the core of the feedback provided. Qualitative and quantitative information may be used.