



THE GREAT INDOORS

HOW TO ADVANCE HUMAN HEALTH AND **PUT PEOPLE FIRST** THROUGH INTENTIONAL INTERIOR DESIGN



Every regularly occupied interior space should have operable windows to **provide access to fresh air** and natural light. Pair this with strategic finishes like removable rugs, carpet tiles or hard, smooth surfaces to **foster an easy-to-clean, purified environment.**

Clever dining design can help shape healthy eating habits. Include tables and seating in a dedicated area that accommodates 25% of total occupants at a given time. This influences people to step away from work environments, where quick, unhealthy snacking takes place, and enter into a space that is **conducive for mindful eating.**



Calculate light intensities in areas of focus to **minimize disruption to the body's circadian system.** Do this by incorporating a healthy combination of LED fixtures and natural light to enhance moods, encourage behaviors, and increase productivity.





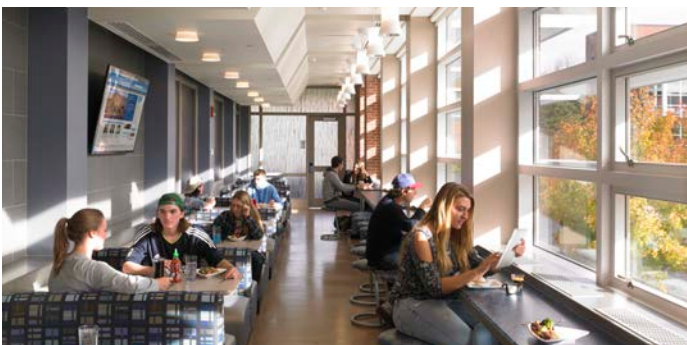
Clear pathways and accessible staircases within an interior space can help **promote movement** throughout the day. Enhanced navigation throughout a building can also come from wayfinding and signage selection. If placed strategically, these elements can further motivate activity and increase traffic flow.

A balanced thermal environment is essential to feeling comfortable. **Increase thermal comfort** by analyzing your building's envelope and appropriately zoning areas based on typical occupancy and activity. Pair this with individual controlled heating sources (where applicable) to keep an optimal indoor temperature all year round.



Implement healthy material selections within the surrounding environment to **reduce exposure to chemicals that may negatively impact health**. Choose products that support innovation in green chemistry and advance towards sustainability goals.

Incorporate materials, fabrics and treatments with noise reduction properties to **support concentration and improve building acoustics**. Implement sound barriers and include designated spaces for sound isolation to improve speech privacy.



Build a culture of health and wellness by providing spaces that are flexible, inclusive, and stimulating for the mind. Environments that place an emphasis on physical, mental and emotional wellbeing can positively impact morale and above all, advance human health.



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