The objective of this guideline is to present design professionals with various evidence-based strategies for increasing the level of recreational and transportation-related physical activity.

Two basic methods available to design professionals for assessing likelihood that an action will result in the desired outcome are:

- **Best Practice**
- **Evidence-based Design Practice**
Urban Design Chapter

Enhancing the pedestrian environment
Promote pedestrian travel through the design of on-site paths, including the public sidewalk.

Nearby land uses associated with increased walking
Promoting walking, cycling and activity through access to compatible land uses.

Transit and parking
Keep parking supply to a minimum to encourage transit use, but supply parking to people with disabilities to support their opportunities for physical activity.

Active outdoor spaces
Urban sites rarely offer the opportunity to design large, outdoor areas. However, evidence exists on designing for active use and perceived safety and these strategies can be adapted to smaller outdoor spaces.
Active Design Guidelines

Building Design Chapter

**Designating stairs for everyday use**
Promote daily stair use through designating at least one stair in the building for everyday use.

**Stair visibility**
Provide highly visible and appealing stairs within building orientation and point-of-travel decision areas to promote use of stairs.

**Stair location**
Locate stairs to be a convenient and visible alternative to elevator or escalator travel.

**Stair dimensions**
Urban sites rarely offer the opportunity to design large, outdoor areas. However, evidence exists on designing for active use and perceived safety and these strategies can be adapted to smaller outdoor spaces.

**Appealing stair environment**
Provide an appealing environment and experience while traveling on stairs.
Building Design Chapter cont.

Elevator and Escalators
Reduce the availability or emphasis of the building’s elevators and escalators to promote everyday use of stairs in buildings while remaining ADA compliant.

Appealing and supportive walking routes within buildings
Provide an appealing environment and experience along paths of travel to increase the frequency and duration of recreational and purposeful walking.

Building amenities that support recreational & transportation-related exercise
Provide building amenities that support recreational and transportation-related exercise to increase the frequency and duration of moderate and vigorous exercise activities.
ACTIVE DESIGN
Affordable Design in Affordable Housing

Cost-neutral or low-cost strategies for implementing active design strategies into the design of affordable housing

Available April 2013
3 Initial Strategies for Implementing Change

- Shifting costs from sedentary design elements to features that promote activity;
- Enhancing existing features to support physical activity; and
- Adding features that support children’s activity across diverse age groups.
Shifting costs from sedentary design elements to features that promote activity;

Making stairs and a direct view to recreational space more visible and accessible
Shifting costs from sedentary design elements to features that promote activity;

Community project focused on providing ample and convenient parking within steps of housing units
Shifting costs from sedentary design elements to features that promote activity;

Community project focused on providing ample and convenient activity spaces within steps of housing units
Shifting costs from sedentary design elements to features that promote activity;

Many building environments have underutilized spaces

Non-functional areas around buildings that still require some minimum design presence

Leftover spaces that require investment to address safety
Shifting costs from sedentary design elements to features that promote activity.
Enhancing existing features to support physical activity

Streetscapes that provide landscaped features instead of people features
Enhancing existing features to support physical activity

Adding to existing sidewalk features with play and exercise stations, enhanced sidewalks that support child and adult physical activity.
Enhancing existing features to support physical activity

Designed for all seasons and support play during extreme seasons that traditional keep people inside.
Adding features that support physical activity across diverse groups.

Senior’s Residence

Collaborate with local horticulture or school clubs
-offer meeting space in exchange for activities on site

Apartment Fitness Center

Combine screen-time and exercise machines
-video games that support physical activity
Affordable Design for Affordable Housing

Cost-neutral or low-cost strategies that are immediately implementable include:

• Provide stair prompt signage at elevator call areas and outside stairwells;
• Co-locate adults’ and children’s physical activity facilities;
• Provide secure bicycle storage;
• Include painted markings in playgrounds or walkways;
• Provide information boards about local physical activity opportunities.
Affordable Design for Affordable Housing

Strategies implementable in future projects with little or no additional cost include:

• Make stairs accessible and visible from building entrances and main paths of travel;
• Provide direct paths between common areas and physical activity facilities;
• Program outdoor spaces to support both physical activity and quiet reflection;
• Provide safe and positive recreational activities for children of all ages;
• Address climatic conditions that may pose barriers to physical activity.
More ambitious but possible strategies include:

- Expand onsite indoor and outdoor facilities to support activities;
- Access alternate funding sources such as foundations, government, and mission driven;
- Organizations to support Active Design goals and features.