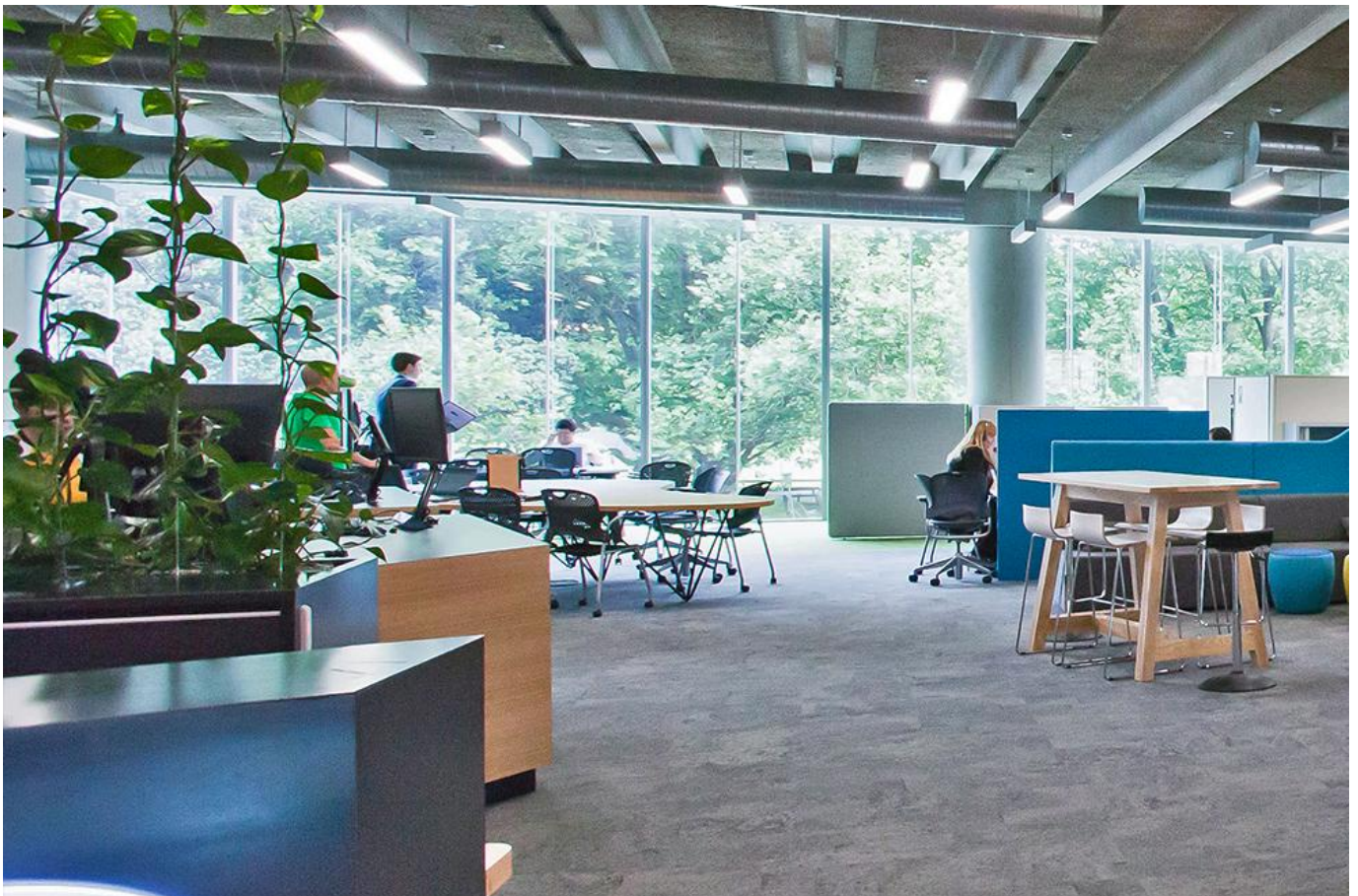

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Wellness Goals

Contributing to health promotion, avoidance of disease and prevention of injury.

This goal is all about designing spaces and environments that contribute to people's mental and physical wellbeing. This includes designing with injury prevention in mind, promoting active movement, and creating environments that are comfortable and enjoyable, rather than stress-inducing.

Providing access to natural light, ventilation and outlook is important for people's well-being, as these contribute to healthier and more pleasant environments, and have been shown to reduce stress. An example of injury prevention is designing driveways and parking areas to enable safe and accessible routes for all users, including pedestrians, cyclists and vehicles.



This space uses a combination of natural and artificial lighting to ensure even coverage across the area. The lighting successfully avoids harsh shadows and abrupt lighting changes.

