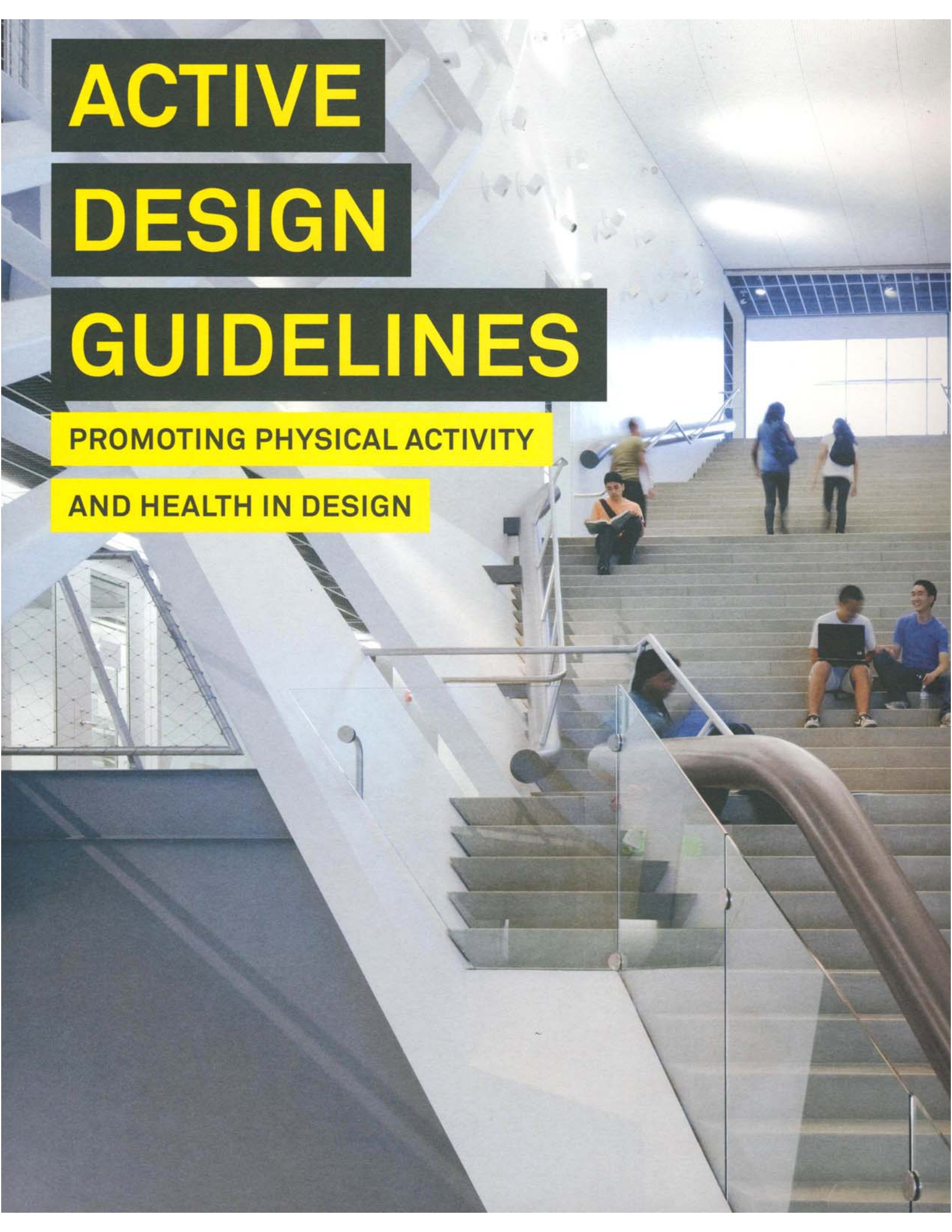


# ACTIVE DESIGN GUIDELINES

PROMOTING PHYSICAL ACTIVITY

AND HEALTH IN DESIGN



parking or other accommodations for cyclists. When designing bicycle parking areas in residential buildings, consider providing additional space for storage of other recreational equipment such as kayaks.

◇ **Provide information boards and signage about facilities, services, and groups related to physical activities.**

Information and motivational messages may assist in prompting people to engage in planned group and individual exercise programs.

◇ **Design activity spaces to accommodate a building's various occupant groups.**

Architects should consider the special safety and security requirements of activity spaces that serve small children and older adults, in addition to other building user groups. To address issues such as parents' need for childcare while they exercise, consider design strategies that allow children and adults to exercise at the same time. For example, locating play areas with a surrounding walking track or adjacent to an adult exercise space allows parents to exercise and simultaneously watch their children at active play.

◇ **Provide easily accessible drinking fountains for building tenants and visitors throughout the building.**

ADDITIONAL INFORMATION:

The inclusion of bicycle storage and showers can qualify buildings for a Sustainable Site point under the LEED rating system. New York City zoning codes permit showers in most commercial buildings, with a few exceptions. City zoning codes also require that new multifamily residential, commercial, and community facility buildings, as well as public parking garages, include enclosed, secure bicycle parking. Additionally, Local Laws 51 and 52 require that existing parking garages and lots provide bicycle parking, and that existing office buildings with freight elevators allow tenants to bring bicycles into the buildings.

**Provide shower and locker room facilities to encourage exercise at lunch hours and breaks.**

Locker rooms, 14th Street Y, Manhattan, Z-A Studio and Studio ST

