Introduction to Fitwel

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FITWEL & Design is a registered trademark of the U.S. Department of Health & Human Services (HHS). Participation by The Center for Active Design and/or any other organization does not imply endorsement by HHS. Photo courtesy of theMART, Chicago, IL. 2 Star Fitwel Rating.
fitwel has a vision for a healthier future where every building is enhanced to support the wellbeing of its occupants, and support healthy communities.
The U.S. CDC and GSA led Fitwel’s development and pilot phase.

The Center for Active Design is Fitwel’s operator and is responsible for 3rd party certification.
5,000+
evidence-based research studies support Fitwel

70+
operational and design strategies have the strongest health evidence base and potential to make the highest impact for health
The Business Case for Health: Workplace

78% of millennials see workplace quality as important when choosing an employer

69% will trade other benefits for better workplaces

FITWEL CHAMPION
Perkins+Will
Fitwel Rating: ★
The Business Case for Health: Retail

93% of global consumers expect the brands they use to support social and environmental issues.
Prioritizing Health & Wellness Drives Financial Performance

One study of 45 companies that received high scores on a health and wellness self-assessment showed a 235% stock price appreciation, outperforming the S&P 500 Index by 76% over a 6-year simulation period.

FITWEL CHAMPION
Alexandria Real Estate Equities

Fitwel Rating: ★★★


Green Acre at 10300 Campus Point Drive, San Diego, CA
Photo Courtesy of Alexandria Real Estate Equities, Inc.
77% of millennials are interested in owning “impact investing” vehicles.

An investment of just 30-40% of millennial wealth in ESG funds equals $15-20 trillion of asset inflows over the next two to three decades."

Assets tied to ESG strategies are growing exponentially

Total assets in US-domiciled equity funds with ESG strategies ($mn), 2000-2017

Wellness and Sustainability

Green buildings were associated with improved IEQ, and have been associated with reductions in self-reported symptoms in people inhabiting the buildings, and with improved productivity in home, school, and office settings.

Benefits of Natural Daylight

A cross-sectional study found that workers in offices with poor light and poor views used significantly more sick leave hours.

Benefits of Views of Nature

A poll of 1,614 North American employees, found access to natural light and views of the outdoors are the #1 attribute of the workplace environment.


Fitwel Rating: ★★
AMP Brisbane Office
Photo Courtesy of AMP, © Nicole England
Control of Your Environment

Personal control over environmental conditions has a significant positive impact on occupant satisfaction.


Fitwel Rating: ☀️☀️
Sunset Media Center
Photo Courtesy of Kilroy Realty Corporation
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