



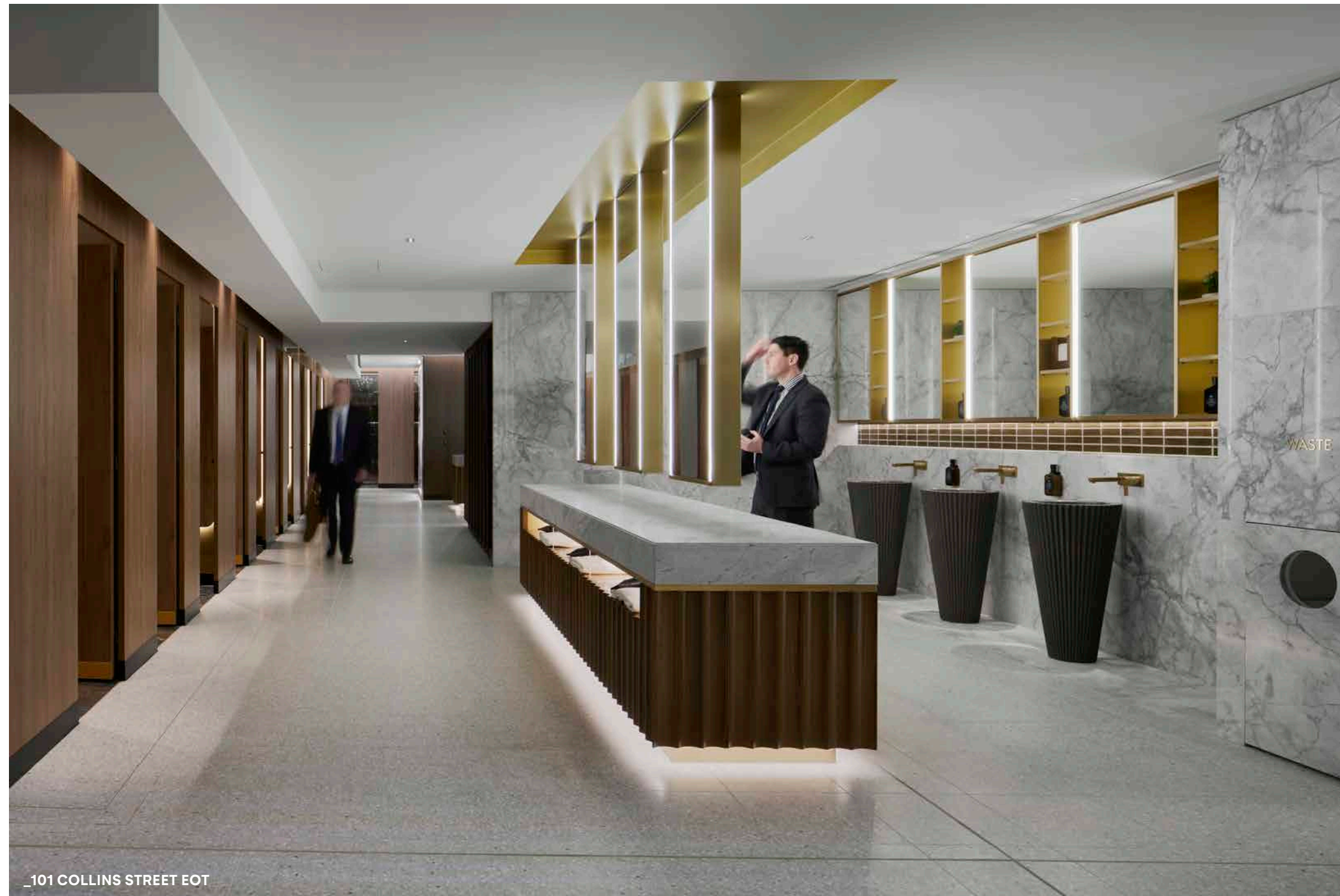
Wellness + Commercial Buildings

PFA 2019 MASTER CLASS SERIES

GRAY PUKSAND

KEY TOPICS

- Understanding Wellness
- The Driving Force
- Precedents
- Wellness Rating Tools
- Commercial Wellness Initiatives



Understanding Wellness

NOT JUST FITNESS

6 DIMENSIONS OF WELLNESS

- Physical
- Emotional
- Intellectual
- Social
- Spiritual
- Environmental



— Dr Bill Hettler, 1976
National Wellness Institute

LIFESTYLE DRIVER

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of surviving, you're thriving.



The Driving Force

MILLENNIAL INFLUENCE

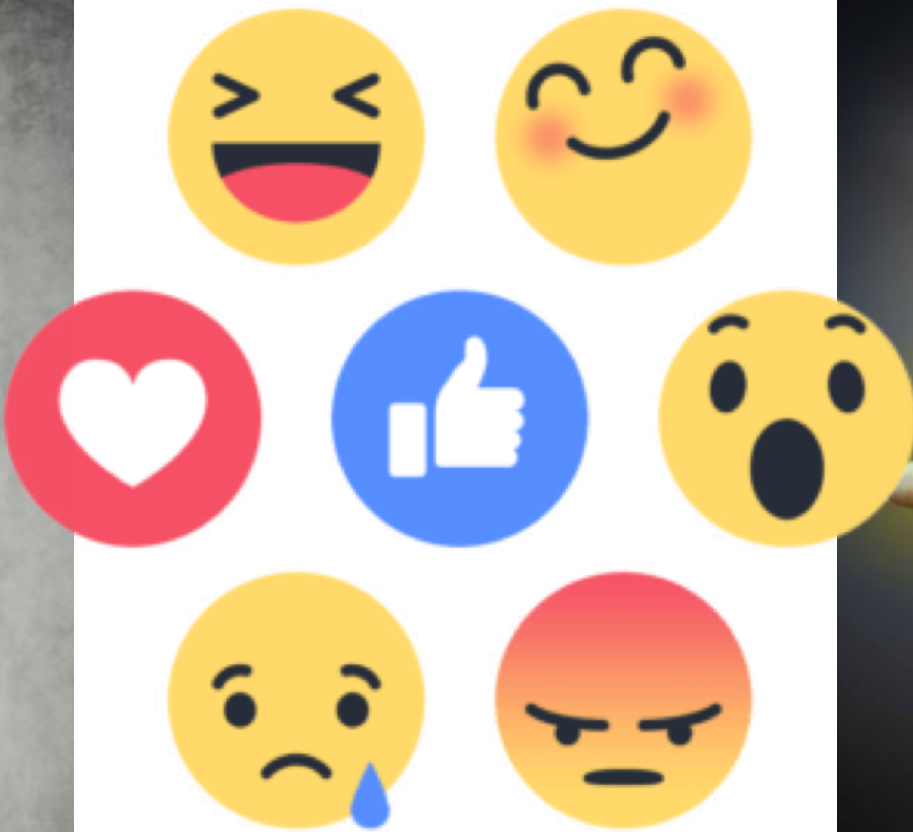
- Currently 50% of the workforce, increasing to 75% by 2030.



THE MODERN DILEMMA



TIME POOR



INSTANT GRATIFICATION



DIGITAL DISRUPTION

WHAT DOES IT ALL MEAN?

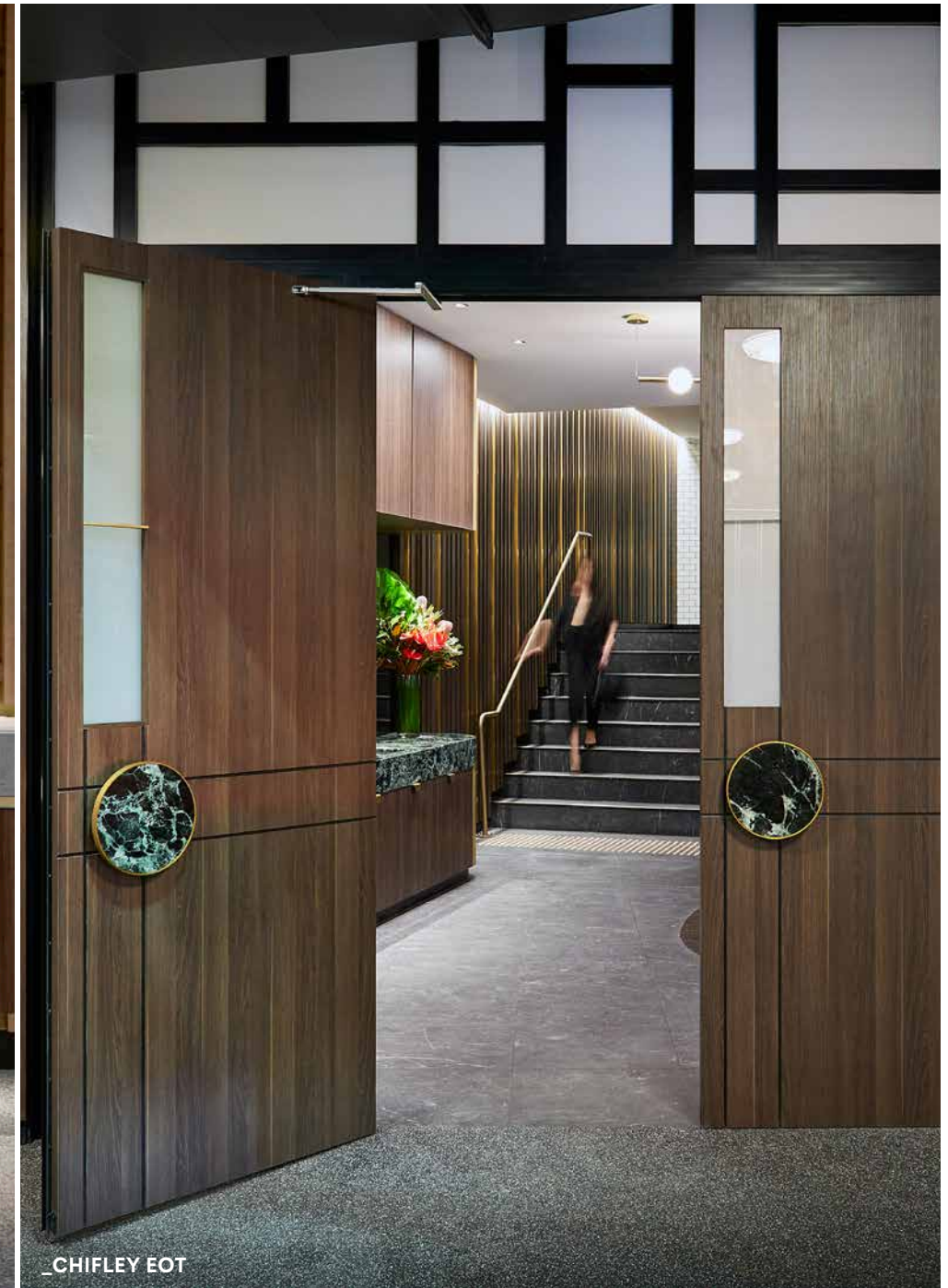
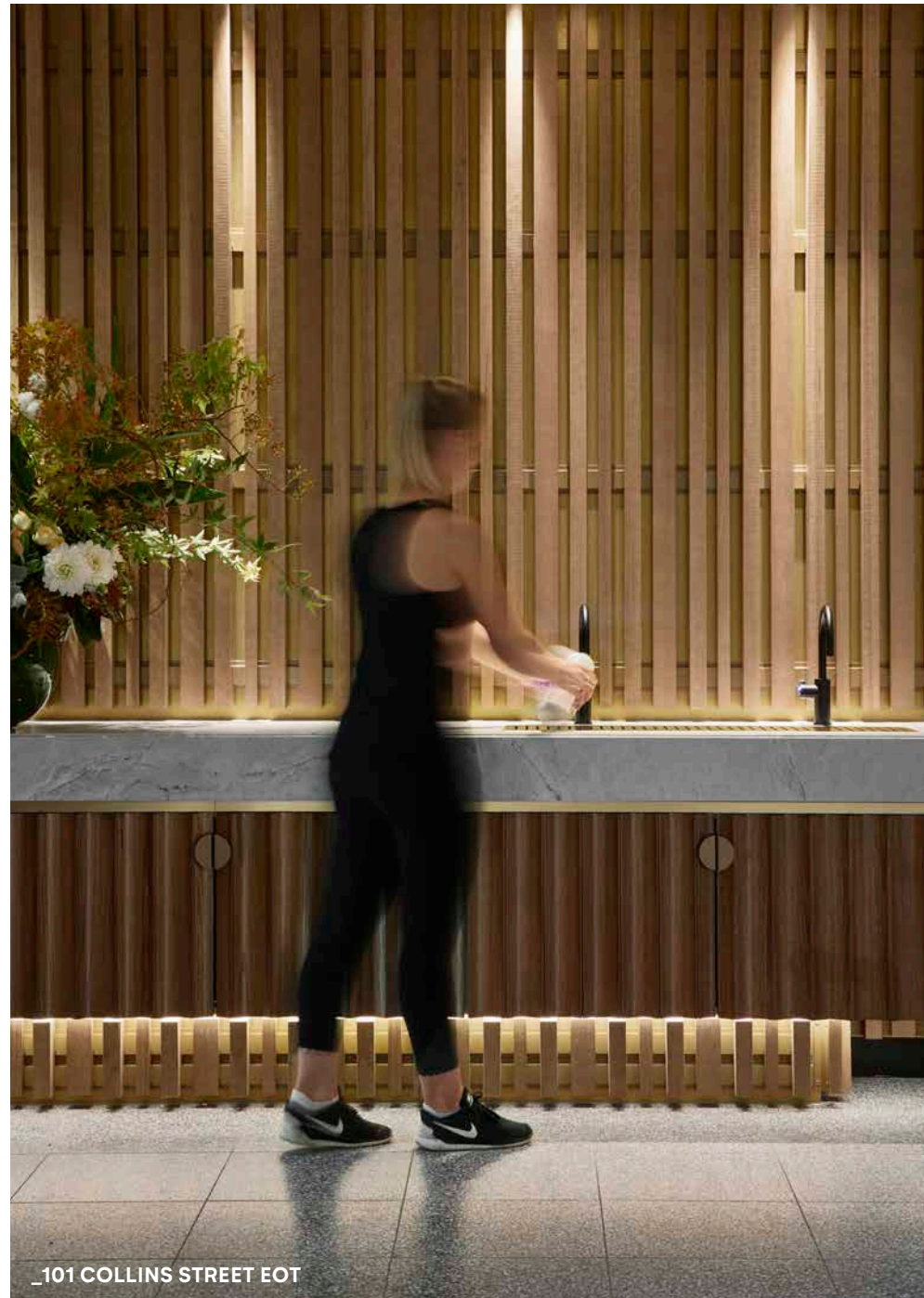


Precedents

GREEN STAR



- Air quality
- Access to daylight
- Alternatives to car travel
(End of Trip)





_101 COLLINS STREET EOT

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_CHIFLEY EOT





CHIFFLEY EOT
PEN & CO.



_CHIFLEY EOT

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Wellness Rating Tools

WELL™



- Evidence based
- Indoor air quality
- Connection to nature
- Access to daylight
- Activity + movement
- Nutrition
- Some overlap with Greenstar

OTHER RATING TOOLS

- Living Building Challenge
- RESET
- Nabers IE

WELL v2



LAUNCHED 2014

"Implement validate and measure features that support and advance human health + wellness"

WELL can be applied to three types of commercial and institutional projects:

1. New and existing buildings — suitable for an owner occupier
2. New and existing interiors — suitable for a tenant occupying a portion of a building
3. Core and shell — suitable for owners and landlords

ASSESSMENT RELATIVE TO 11 CRITERIA

- Bronze, silver, gold, platinum certification available
- Preconditions (minimum standards) to qualify
- Testing and monitoring



Air



Water



Nourishment



Light



Movement



Thermal Comfort



Sound



Materials



Mind



Community



Innovation

WELL PROJECTS



LENDLEASE

- Barangaroo International Towers
- Platinum shell + core



CBUS

- Medibank, 720 Bourke Street
- Gold shell + core



MIRVAC

- 200 George Street, Headquarters
- Gold WELL



QUINTESSENTIAL EQUITY

- Worksafe, 1 Malop Street, Geelong
- Platinum shell + core

FITWELL V2.1



LAUNCHED 2017

*'Optimising buildings to improve, health
+ productivity outcomes'*

Fitwell can be applied to the following types of projects:

- single tenant buildings
- multi-tenant base buildings
- multi-tenant whole buildings
- commercial interiors

*63 design + operational strategies

*One star, Two stars, Three stars certification

Each Fitwel strategy is linked by empirical evidence to at least one of seven Fitwel Health Impact Categories:



1. Increases Physical Activity



2. Promotes Occupant Safety



3. Reduces Morbidity + Absenteeism



4. Supports Social Equity for Vulnerable Populations



5. Instills Feelings of Well-Being



6. Impacts Community Health



7. Provides Healthy Food Options

FITWELL PROJECTS



AMP

- 33 Alfred Street, Workspace
- 1 Star Rating



SALTA

- Dunlop Road
- Currently seeking certification



AMP

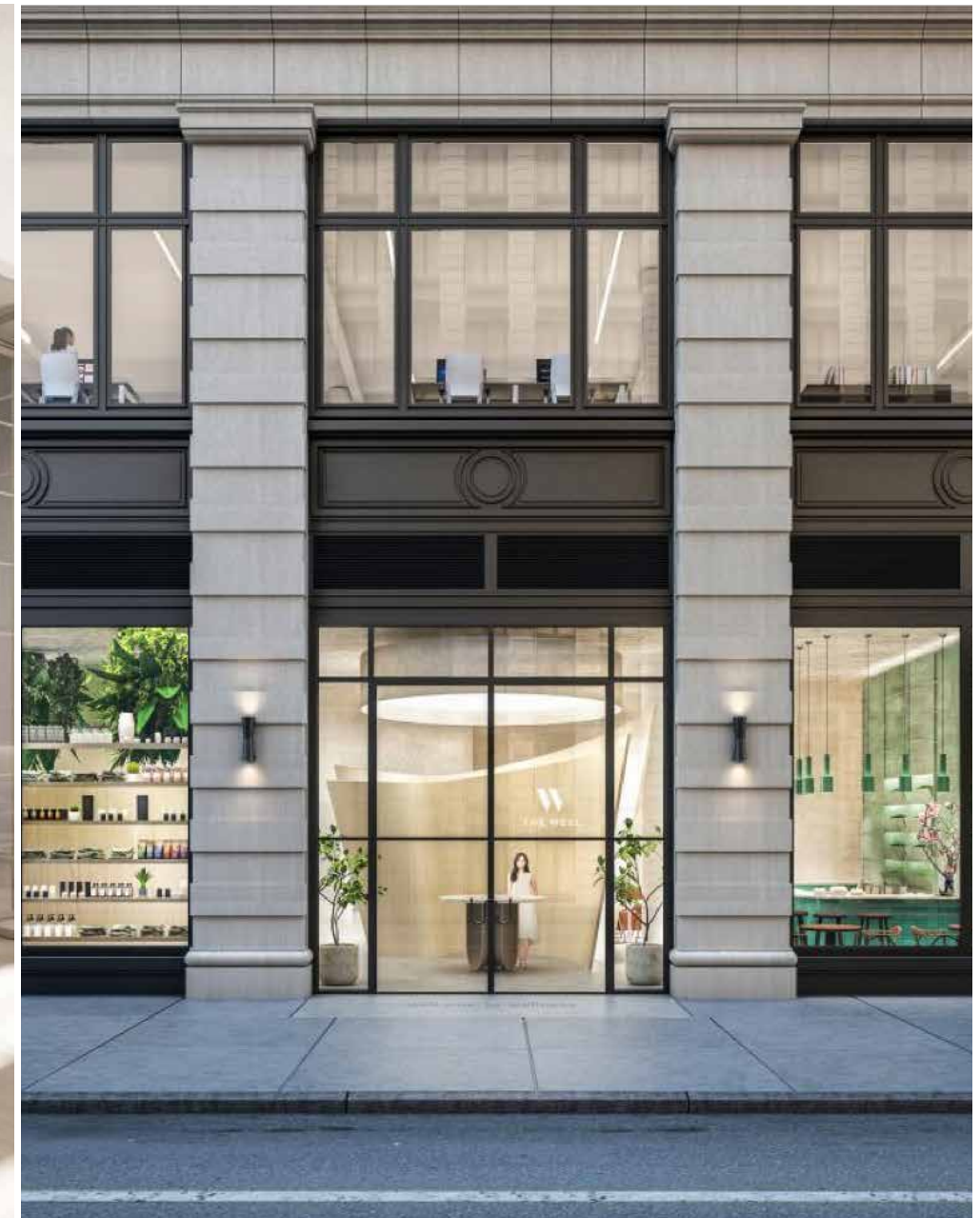
- Brisbane Workspace
- 2 Stars Rating

Commercial Wellness Initiatives

THE WELL (NYC)

360 DEGREE WELLNESS

- Meditation Space
- Healing Centre
- Gym
- Steam + Sauna
- Studio
- Library
- Restaurant
- Stand alone, member based club (\$375.00/month USD)



DEXUS (CIRCULAR QUAY)

GATEWAY WELL SPACE

- End of Trip
- Multi-purpose studio including yoga + pilates



101 COLLINS STREET (MELBOURNE)

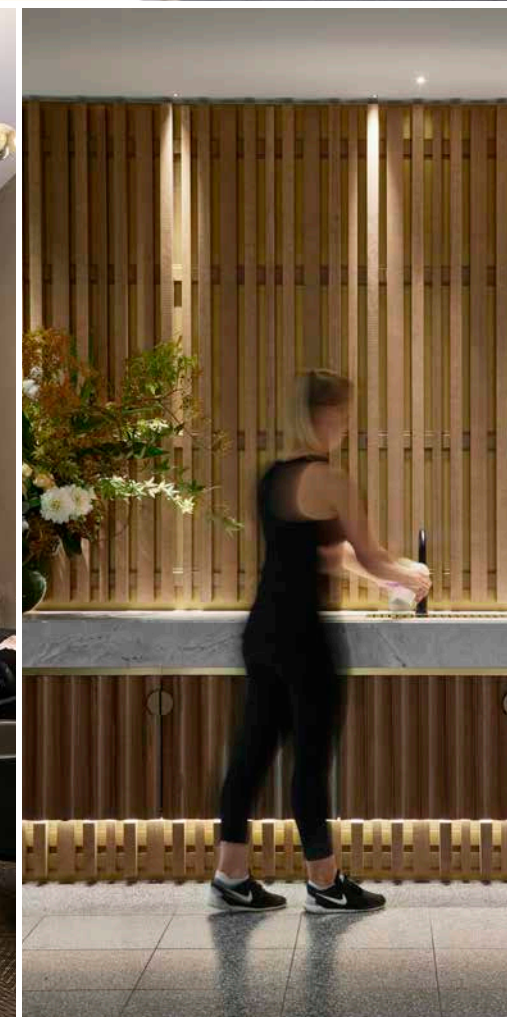
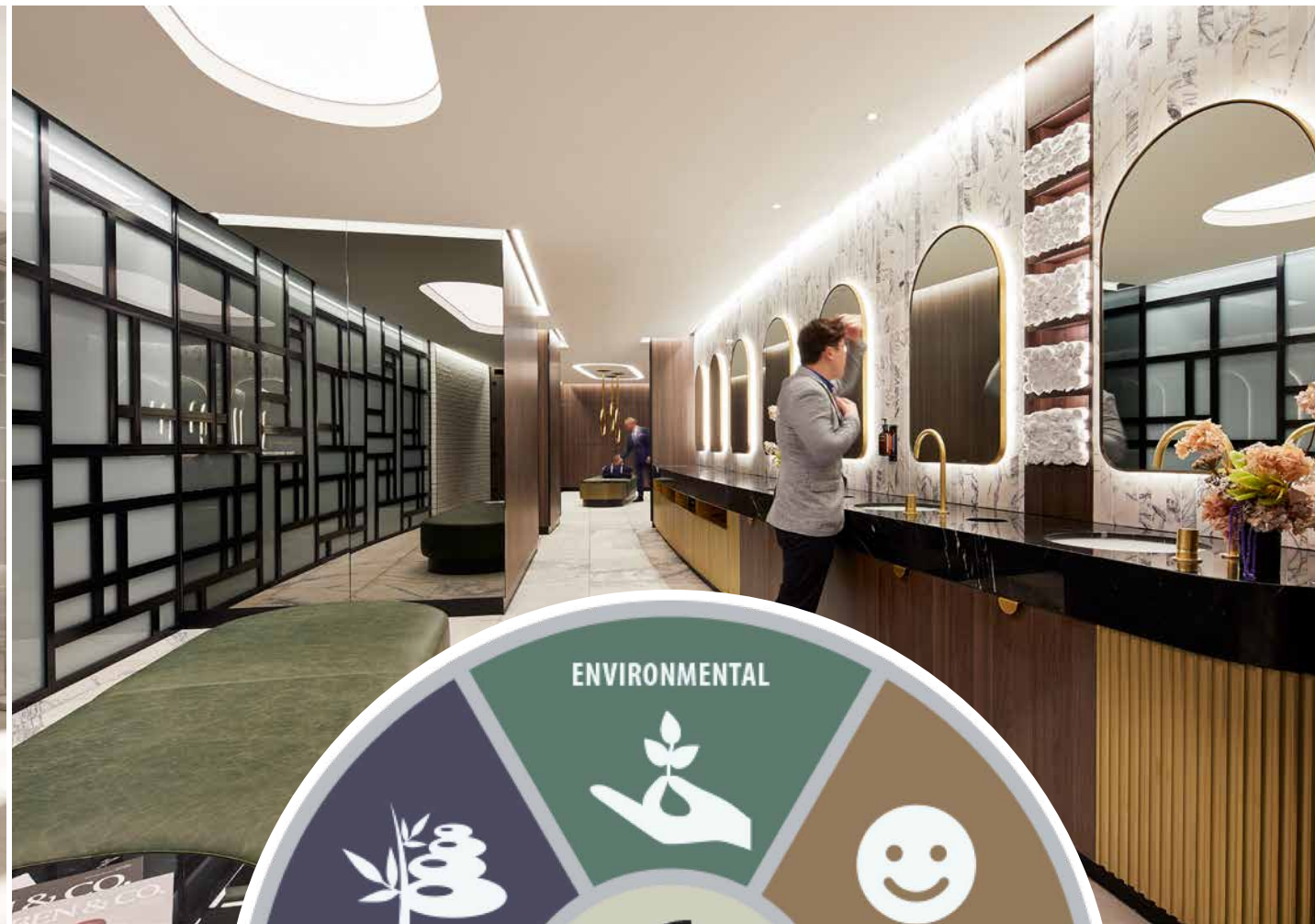
EXTENDED TENANT OFFER

- Multi-purpose studio spaces
- TRX, Yoga, Pilates, Barre
- Consulting suites
- Management agreement
- Natural Lighting











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