



NICE TO MEET YOU

# FACILITATOR

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Fitwel的願景是希望能讓健康成為普世價值，從建築設計到營運階段，都能導入適切的方法學，提升使用者的健康與幸福感

The background image shows a modern building with a large vertical garden on the left side. A woman is walking up a staircase on the right side. The text is overlaid on a blue semi-transparent box.

CENTER  
FOR ACTIVE  
DESIGN™

## 主動設計中心 (Center for Active Design, CfAD)

是全球性的非營利組織，  
其任務是透過設計策略引  
領人們以更健康的方式生  
活，並鼓勵社群的投入。

Photo courtesy of Perkins+Will





美國疾管中心(CDC)  
與總務署(GSA)主導  
Fitwel的建立與前期  
發展

主動設計中心(The  
Center for Active Design,  
CAD)負責Fitwel的運作  
與第三方認證

Fitwel Rating: ★★ ★

Lyndon Baines Johnson Building, Washington, DC  
Photo Courtesy of the U.S. General Services Administration



Fitwel系統是以超過

**3,000** 筆有證據的  
研究報告作為基礎

Fitwel包含超過**55**條設  
計、施工與營運的策略與  
規章，用於提升建築環境  
對於身心健康的正面影響



# Fitwel的核心價值



提升社群  
健康



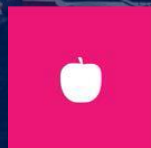
降低因病  
缺勤率



增進使用  
者幸福感



照顧弱勢  
群體的公  
平正義



提供健康  
飲食機會



提倡使用  
者安全



增加運動  
機會

# Fitwel認證流程

## Step 1: 註冊

於線上系統Fitwel Portal進行專案註冊

## Step 2: 規劃

選擇適合的得分卡與規劃得分項目

## Step 3: 自評

於線上系統Fitwel Portal進行專案得分落點自評

## Step 4: 送審

於線上系統Fitwel Portal提送必要的證明文件

## Step 5: 審查

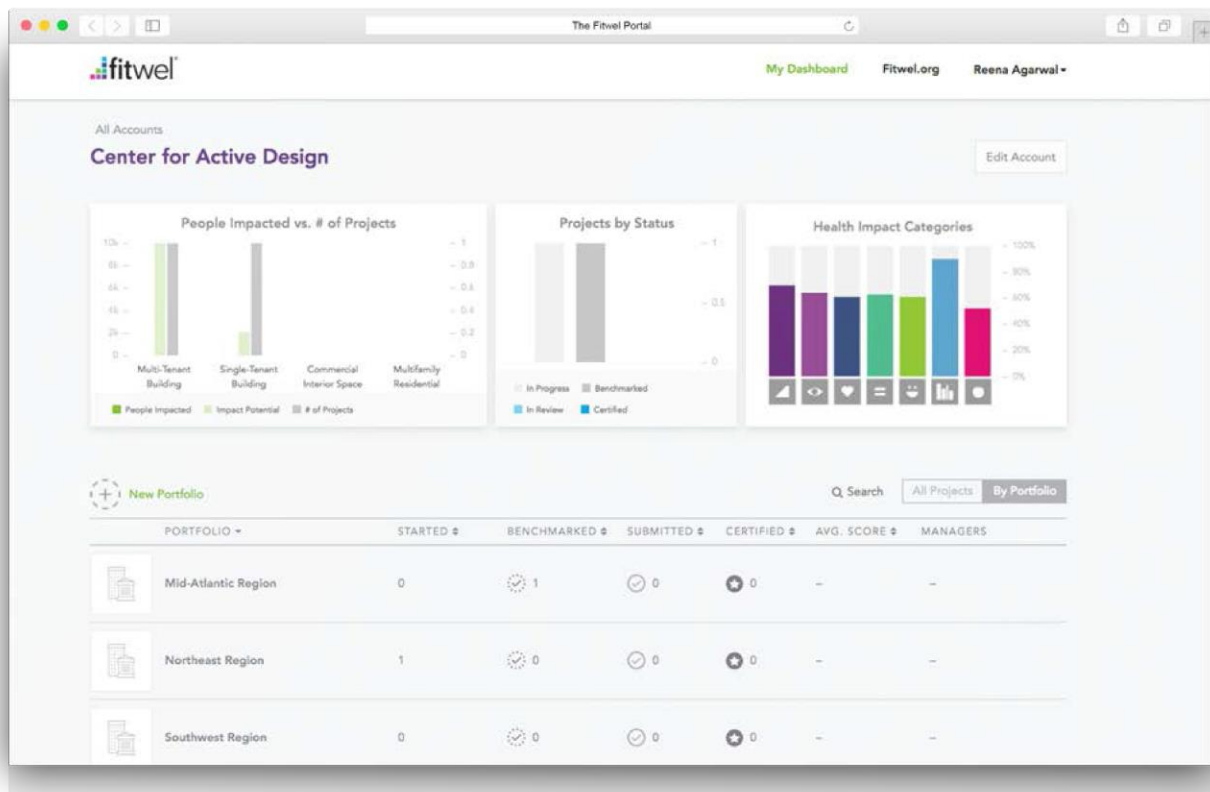
回覆審查意見或補件

## Step 6: 認證

依據得分多寡，取得對應的認證星級

# 科學數據為基礎的認證工具

Fitwel Portal是Fitwel認證所使用的工具與管理平台，透過這個平台，使用者除了可以了解認證的進度，也可以透過透明的數據，衡量建築環境的健康性能指標。





# Fitwel認證等級

## Fitwel Star Rating



**90-104**



**105-124**



**125-144**

MARIPOSA  
1295 W. 107 AVENUE

# 1. Location



Casitas De Colores  
Photo-Courtesy of Patrick Coulie

1. LOCATION

		"Yes"	NA	AC	Score
1.1	Walk Score® of 50 or above	3.33			
1.2	Walk Score® of 70 or above	5.00			
1.3	Walk Score® of 90 or above	5.00			
1.4	Public transit stop located within 1/2 mile or 800 meters of the main building entrance	4.00			



# Live Where You Love



台北市中正區仁愛路2段95-2號



## Great Nearby Places



## Improve Your Commute



## Fits Your Lifestyle



Type an address, neighborhood or city Go

## Walker's Paradise ?

Favorite

Map

Walk Score  
**96**

### Walker's Paradise

Daily errands do not require a car.

⚠ Unsupported Country

About your score

Add scores to your site



科範廣告

### Hotels.com



## 2. Access



Photo Courtesy of NACTO



## 2. BUILDING ACCESS

		"Yes"	NA	AC	Score
2.1	Provide a direct, accessible pedestrian route between the main building entrance and public transit	1.33			
2.2	Conduct an annual occupant commuter survey	0.33			
2.3	Provide secure and covered bicycle parking within 100 feet or 30 meters of a building entrance for a minimum of 5% of regular occupants or exceed demand as dictated by occupant survey by 1%	1.33			
2.4	Provide showers with lockers for regular occupants	1.33			
2.5	If parking is provided, charge fair market value for parking utilization	2.00	2.00		
2.6	If parking is provided, assign a minimum of 5% priority parking spaces or exceed demand by at least 1% as dictated by the occupant commuter survey for carpools and vanpools, whichever is greater	0.33	0.33		

### 3. Outdoor Space



### 3. OUTDOOR SPACES

		"Yes"	NA	AC	Score
3.1	Provide an outdoor space amenity accessible from a building entrance to all regular occupants	1.00		1.00	
3.2	Provide a walking trail of at least 1/4 mile or 400 meters on the building site/campus accessible to all regular occupants	1.33		1.33	
3.3	Provide permanent fitness equipment in outdoor spaces accessible to all regular occupants	1.00		1.00	
3.4	Provide a restorative garden amenity accessible to all regular occupants	1.67		1.67	
3.5	Offer on-site weekly sale of produce or establish a farmers market in a location accessible to all regular occupants	1.67		1.67	
3.6	Support an on-site fruit and vegetable garden that is at least 1 square foot or .09 square meters per regular occupant, accessible to all regular occupants, and maintained weekly	1.00			
3.7	Establish and adopt an Integrated Pest Management (IPM) Plan	2.66			
3.8	Provide context-appropriate lighting at all pathways and parking areas	2.66	2.66		
3.9	Adopt a tobacco-free policy for all outdoor spaces	1.33	1.33		



## 4. Entrances and Ground Floor



#### 4. ENTRANCES & GROUND FLOOR

		"Yes"	NA	AC	Score
4.1	Provide permanent signage at all building and/or campus entrances publicizing a tobacco-free building and site	0.67			
4.2	Provide at least one additional building entrance, other than the main entrance, oriented towards an outdoor pedestrian route	1.33			
4.3	Locate the main entrance oriented towards an outdoor pedestrian route	1.33			
4.4	Provide context-appropriate lighting at all building entrances	2.33			
4.5	Provide at least one publicly accessible use on the ground floor	2.33			
4.6	Provide a permanent dedicated display in a location accessible to all regular occupants advertising amenities within a 1/2 mile or 800 meter walking distance of the building	1.00			
4.7	Employ entryway systems that are maintained weekly at building entrances	1.00			

## 5. Stairs





## 5. STAIRWELLS

		"Yes"	NA	AC	Score
5.1	Provide at least one stairwell accessible to regular occupants that connects relevant building floors	4.33		2.17	
5.2	Locate an accessible stairwell equally or more visible than any elevators and/or escalators from the main building entrance	4.33			
5.3	Implement active design strategies in stairwell design	3.00			
5.4	Place permanent point-of-decision signs promoting stair use at elevator call areas	1.67		0.84	
5.5	Make the accessible stairwell clearly visible with code-compliant glass	2.66			

## 6. Indoor Environments



Arbor House  
Courtesy of Bernstein Associates

## 6. INDOOR ENVIRONMENTS

		"Yes"	NA	AC	Score
6.1	Adopt and implement a tobacco-free building policy	3.00			
6.2	Certify that all asbestos has been properly abated throughout the building	4.66	4.66		
6.3	Adopt and implement an Indoor Air Quality (IAQ) Policy	4.66			
6.4	Adopt and implement a Green Purchasing Policy	0.33			
6.5	Provide separate ventilation in all areas with chemical use or storage	2.00			



## 7. Workspace



7. WORKSPACES

		"Yes"	NA	AC	Score
7.1	Provide natural daylight in a majority of the workplace	2.66			
7.2	Provide views of nature from a majority of workspaces	3.33		3.33	
7.3	Provide operable shading in all regularly occupied workplaces	0.33			
7.4	Provide access to sufficient active workstations	1.67		0.84	

## 8. Shared Spaces





## 8. SHARED SPACES

		"Yes"	NA	AC	Score
8.1	Adopt a regular cleaning schedule for bathrooms	1.67			
8.2	Provide permanent educational signs promoting hand-washing in bathrooms	0.33			
8.3	Provide common break areas accessible to all regular occupants that can accommodate lunch-time activity	2.66			
8.4	Adopt regular cleaning schedule for the interiors of refrigerators and freezers in break areas	0.33			
8.5	Provide a dedicated quiet room accessible to all regular occupants that can be used in private	0.67			
8.6	Provide a sufficient number of dedicated lactation rooms or stations accessible to all regular occupants	5.66		5.66	
8.7	Provide a multi-purpose room that can be scheduled for wellness activities or on-site exercise by all regular occupants	2.33			
8.8	Provide a dedicated exercise room accessible free of charge to all regular occupants	2.00			
8.9	Provide a dedicated, staffed fitness facility with subsidized or below market rate membership fees for all regular occupants	2.33			

## 9. Water Supply



## 9. WATER SUPPLY

		"Yes"	NA	AC	Score
9.1	Provide at least one ADA compliant water supply on relevant floors	3.00			
9.2	Provide water bottle refilling ability at a minimum of one water supply on every floor and at all water outlets within the workplace	1.33			



## 10. Grocery Stores and Prepared Food Retail



## 10. FOOD SERVICES

		"Yes"	NA	AC	Score
10.1	Require a healthy food and beverage standard at least as rigorous as the applicable Food Service Guidelines for Federal Facilities in leasing agreements with food service providers	5.00		2.50	
10.2	Incentivize healthy food selection with choice architecture practices	5.00		2.50	
10.3	Encourage healthy food choices through pricing incentives	4.00	2.00		
10.4	Provide access to free water in cafeteria and prepared food retail areas	4.00	2.00		





## 11. Vending Machines, Micro Markets, and Corner Stores

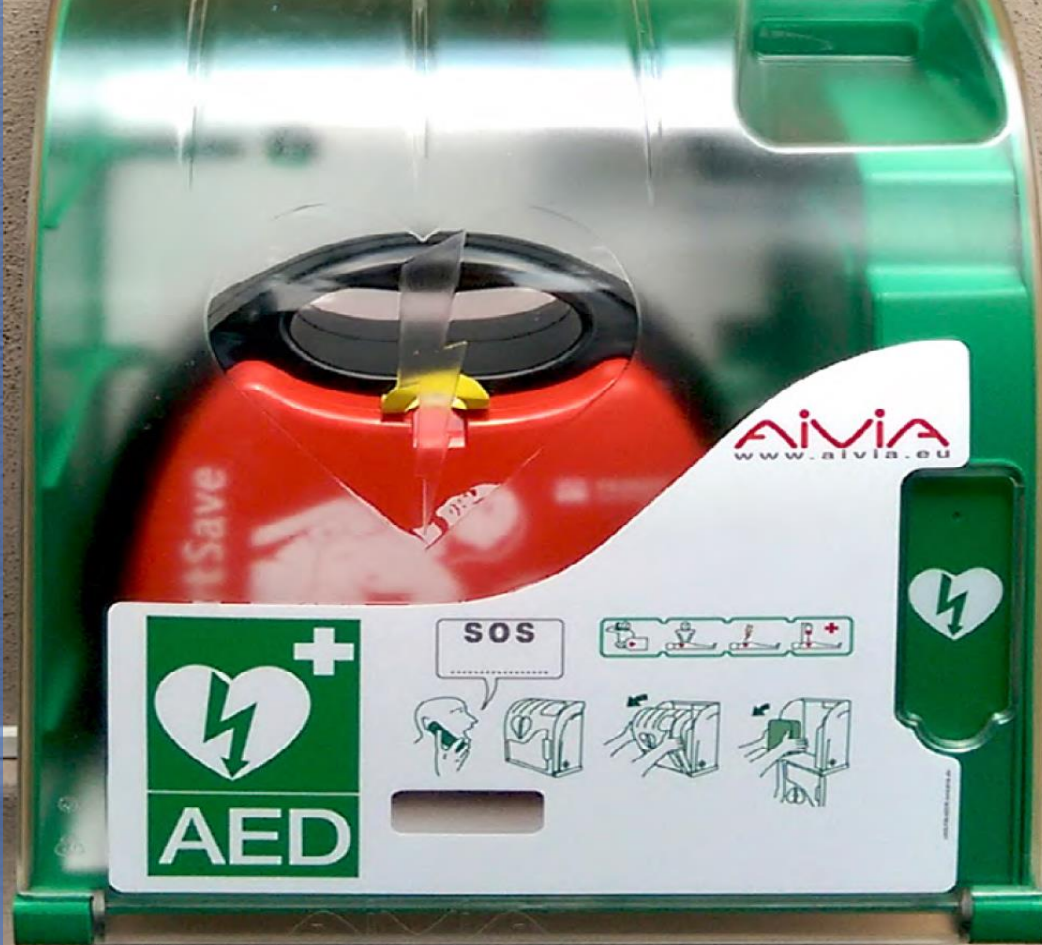
Bob Nichols  
U.S. Department of Agriculture



## 11. VENDING MACHINES + SNACK BARS

		"Yes"	NA	AC	Score
11.1	Require a healthy food and beverage standard at least as rigorous as the applicable Food Service Guidelines for Federal Facilities in all vending machines and snack bars	2.00	2.00		
11.2	Incentivize healthy food selection with choice architecture practices	2.00	2.00		
11.3	Encourage healthy food choices through pricing incentives	2.00	2.00		
11.4	Provide access to free water near vending machines and snack bars	1.67	1.67		

## 12. Emergency Procedures



Wikimedia Commons

User: Promiteusz, CC BY-SA 4.0

Link: [https://commons.wikimedia.org/wiki/File:Defibrylator\\_AED.png](https://commons.wikimedia.org/wiki/File:Defibrylator_AED.png)

## 12. EMERGENCY PROCEDURES

		"Yes"	NA	AC	Score
12.1	Create and maintain a database of building emergency equipment and supplies	0.67			
12.2	Install an Automated External Defibrillator (AED) on each floor and adopt a regular testing schedule	2.66			
12.3	Ensure that there is one certified first responder (CFR) per 100 regular occupants present during work hours	1.00			
12.4	Provide an emergency address notification system in building	4.33			



# QUESTIONS OR COMMENTS ARE WELCOME

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**Kansas City, KS**

Photo Courtesy of the U.S. General Services Administration