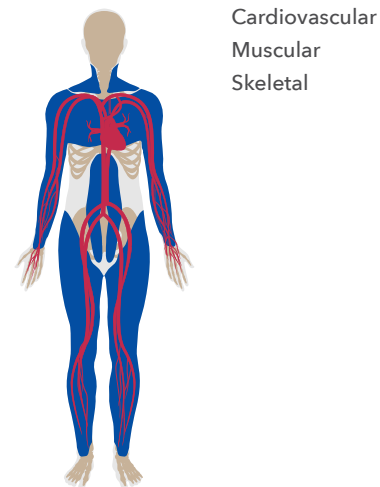


INTERIOR FITNESS CIRCULATION

The integration of interior pathways and stairs within the built environment can provide a convenient way to incorporate short periods of physical activity into the workday, thus reducing sedentary tendencies. Stair climbing is a low-impact, moderate-to-vigorous intensity physical activity that burns calories and has been associated with improved cardiorespiratory fitness and a lower risk of stroke. To encourage greater use, pathways and stairs should be aesthetically pleasing and easily accessible from high-traffic routes.

This feature employs prominent designs and appealing aesthetics to promote the use of stairs and walking paths and to discourage reliance on elevators.



PART 1: STAIR ACCESSIBILITY

The following requirements are met:

- ²⁷ Stairs are accessible to regular building occupants during all regular business hours.
- ⁸⁷ Wayfinding signage and point-of-decision prompts are present to encourage stair use (at least one sign per elevator bank).

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P	O	P

PART 2: STAIR PROMOTION

In projects of 2 to 4 floors, at least one staircase meets the following requirements:

- ²⁷ Located within 7.5 m [25 ft] of the entrance to the building or the edge of its lobby.
- ²⁷ Clearly visible from the main entrance to the project, or located visually before any elevators present upon entering from the main entrance.
- ⁸⁷ Stair width set at a minimum of 1.4 m [56 in] between handrails.

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PART 3: FACILITATIVE AESTHETICS

Both stairs and paths of frequent travel display elements of aesthetic appeal by incorporating at least 2 of the following:

- ⁸⁷ Artwork, including decorative painting.
- ⁸⁷ Music.
- ²⁷ Daylighting using windows or skylights of at least 1 m² [10.8 ft²] in size.
- ⁸⁷ View windows to the outdoors or building interior.
- Light levels of at least 215 lux [20 fc] when the stairs are in use.

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