#### Wellness First:

Prioritizing health & wellness initiatives in response to COVID-19





#### Our speakers



Brian Seaman
Managing Director
NYL Real Estate
Investors



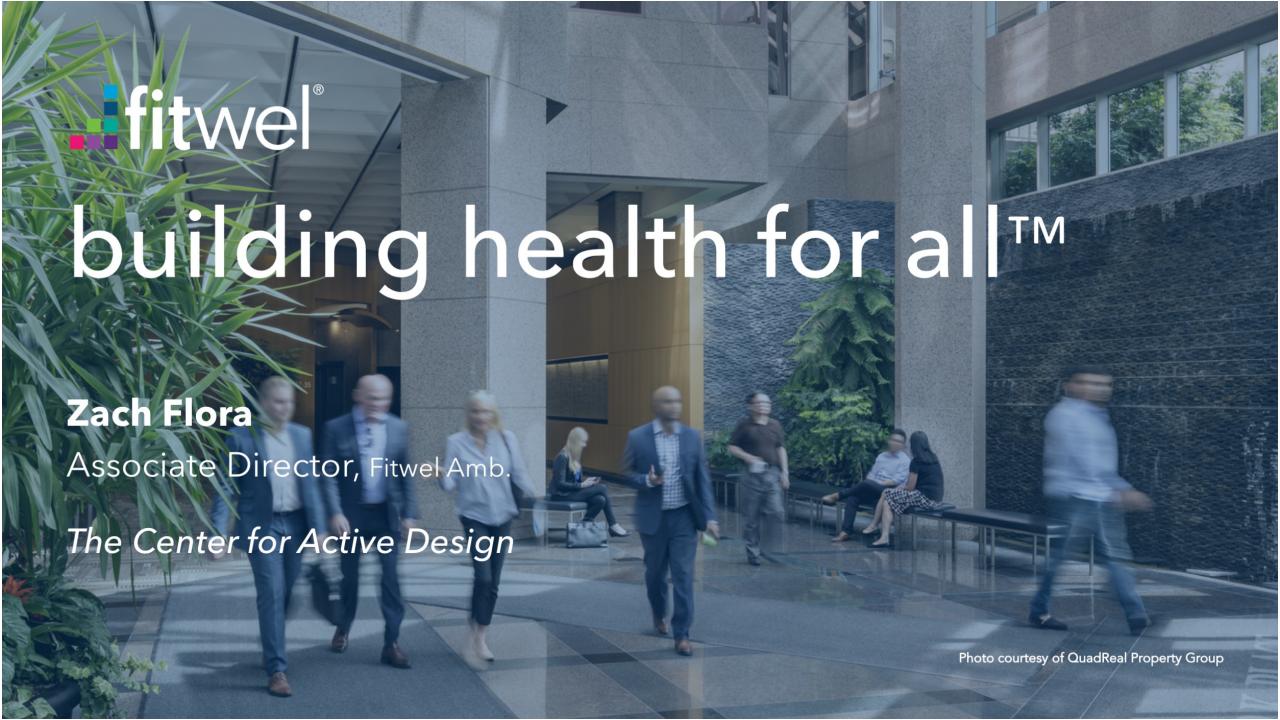
**Michelle Winters**VP of Solutions **Goby** 

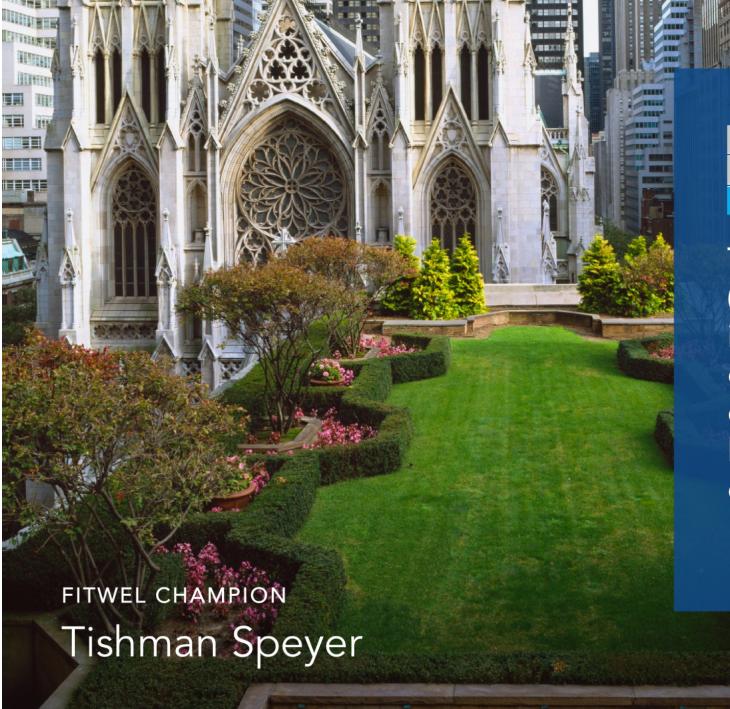


Zachary Flora
Associate Director of Market
Growth
Center for Active Design



Nicole Phillips ESG Consultant Goby





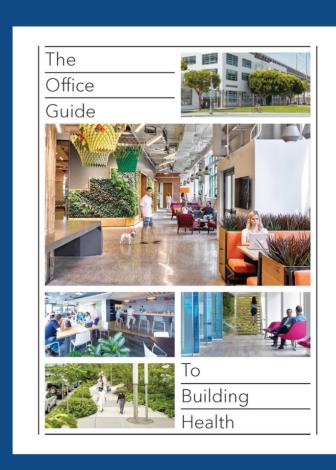
FOR ACTIVE DESIGN

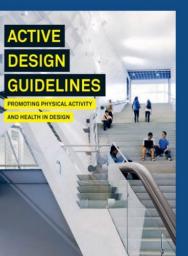
The Center for Active Design (CfAD) is the leading international non-profit organization that advances design strategies to foster healthy and engaged communities.

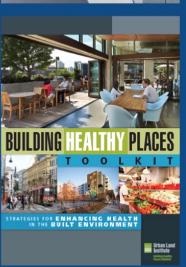
New York, NY Photo Courtesy of Tishman Speyer

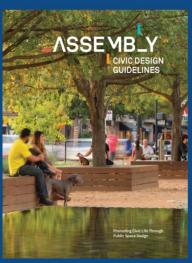
## CfAD translates research into practice

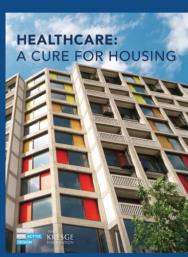












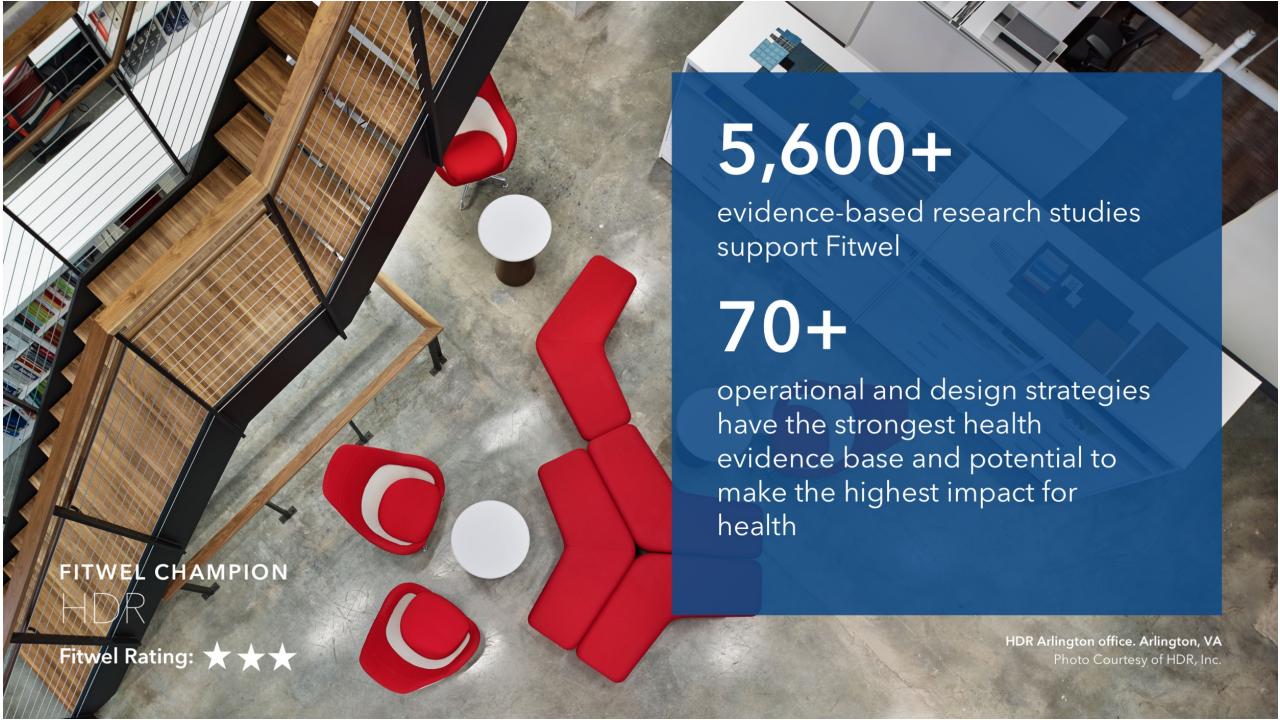
fitwel has a vision for a healthier future where every building is enhanced to support the wellbeing of its occupants, and support healthy communities The Center for Disease Control and Prevention Atlanta, Georgia, U.S Photo Courtesy of Perkins+Will



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
3<sup>rd</sup> party certification

The Porch, Philadelphia, PA. Courtesy of ArtPlace / © Ben Tran Photography



Fitwel's weighted points system supports prioritization

Stronger impact = more points

Instills Feelings
Of Wellbeing

Enhances Access
to Healthy Foods







Increases Physical Activity



Reduces Morbidity + Absenteeism

Social Equity For Vulnerable Populations

Promotes Occupant Safety

## Fitwel Certification Process

#### Step 1: Register

- Navigate to the Fitwel Portal
- Create an account and enter basic project information

## Step 2: Assess

- Select appropriate
   Fitwel Scorecard
- Respond to associated Fitwel Strategies

## Step 3: Benchmark

Archive a
 historical
 snapshot of your
 responses

## Step 4: Submit

 Upload required documentation to show compliance with Fitwel Strategies

#### Step 5: Initial Review

Respond to
comments from
Fitwel on the
Fitwel Portal

Certification
score and
associated
Star Rating

**Step 6:**Certification



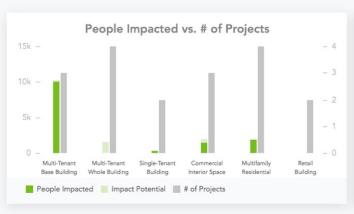


My Dashboard

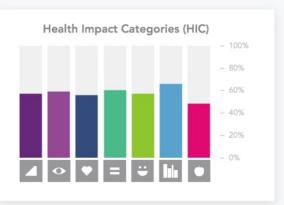
Fitwel.org

Fitwel User▼

#### **All Accounts**







					Q Search	h All Projects By Account
ACCOUNT NAME ▼	STARTED \$	BENCHMARKED \$	SUBMITTED <b>\$</b>	CERTIFIED \$	AVG. SCORE \$	COMPANY LEAD \$
Center for Active Design	1	<b>⊘</b> 3	<b>⊘</b> 7	<b>5</b>	101 points	
CfAD	2	<b>⊘</b> 0	<b>⊘</b> 0	<b>•</b> 0	-	•

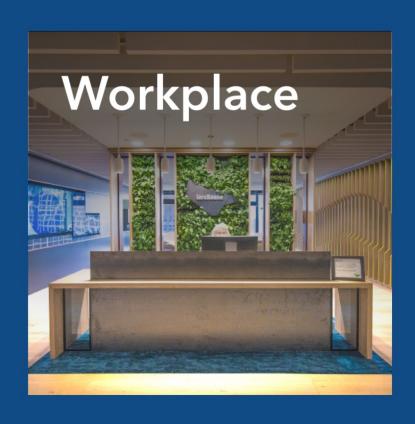


## **Application**





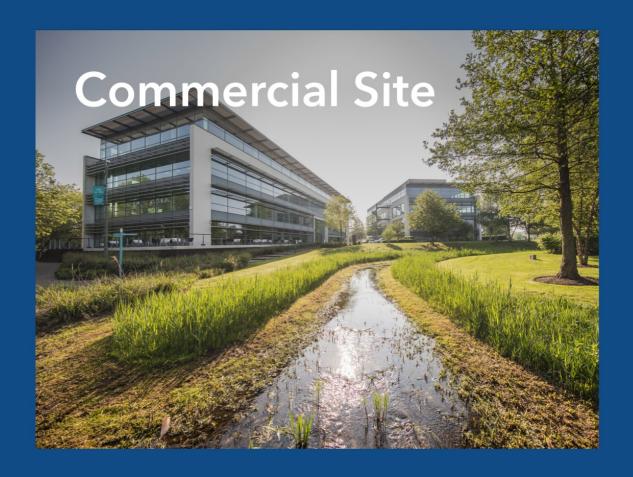
## **Building Scorecards**







### Site Scorecards





# In 2017, the global wellness real estate sector was estimated at \$134 billion, and is projected to grow to \$198 billion in 2022.

Global Wellness Institute. (2018). "Build Well to Live Well: Wellness Lifestyle Real Estate and Communities." Retrieved from https://globalwellnessinstitute.org/wp-content/uploads/2018/06/2018Research\_BuildWelltoLiveWell\_v12FINAL53118\_web.pdf



## Optimizing Buildings for COVID-19 Prevention



**Educational Signage** 



Cleaning Protocols



**Increase Ventilation** 



**Maintain Optimal Humidity** 



Filter Indoor Air



HAND WASHING STOPS THE SPREAD OF GERMS

TISHMAN SPEYER IS COMMITTED TO FITWEL® STRATEGIES ACROSS OUR PORTFOLIC



Signage Example Courtesy of **Tishman Speyer** 

## Fitwel is the World's Leading Health Certification System

400+

3,000+ 1,000+

40+

Projects certified or Pending certification Global Users

Registered Projects

Countries Represented

44 Henry Whipple Federal Building, Fort Snelling, MN Photo Courtesy of HGA. Photo Credit: Morgan Sheff Photography

FAST @MPANY

Named one of FastCompany's 2017 Top 10 Most Innovative Companies in Social Good!

01 Chobani 02 GoFundMe 03 Zipline

05 Unilever

07 Olik

09 Yazda

04 Nike

06 Patagonia

08 Fitwel

10 Alphabet



#### Contact us!



**Brian Seaman** 

Brian\_Seaman@nylinvestors.com



**Michelle Winters** 

mwinters@gobyinc.com



**Zachary Flora** 

zach@centerforactivedesign.org



**Nicole Phillips** 

nphillips@gobyinc.com

