



## BETTER BUILDINGS ARE WELL

The way that buildings are designed, constructed and maintained impacts the way we sleep, what we eat, and how we feel. The WELL Building Standard™ uses innovative, research-backed strategies to advance health, happiness, mindfulness and productivity in our buildings and communities.

### **Make health a priority**

The WELL Building Standard™ is the leading tool for advancing health & well-being in buildings and communities globally.

### **Put people first**

Since we spend 90% of our time indoors, the buildings where we live, work, learn and relax have a profound effect on our well-being: how we feel, what we eat and even how we sleep at night.

### **Create better buildings**

In a study of a WELL Certified office building, 92% of employees said that it had a positive effect on their health and well-being.

# A comprehensive approach to health & well-being

WELL addresses 7 concepts

## Air



---

WELL promotes strategies to reduce or minimize sources of indoor air pollution.

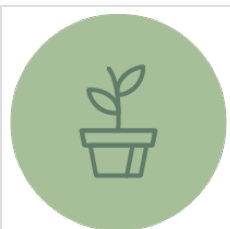
## Water



---

WELL promotes high quality water and improved accessibility.

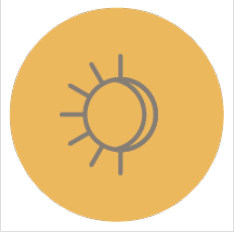
## Nourishment



---

WELL limits the presence of unhealthy foods and can encourage better food culture.

## Light



---

WELL promotes lighting systems designed to increase alertness, enhance experience, and promote sleep.

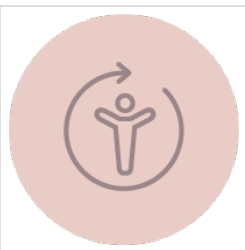
## Fitness



---

WELL encourages the integration of exercise and fitness into everyday life.

## Comfort



---

WELL creates distraction-free, productive and comfortable indoor environments.

Mind



---

WELL optimizes cognitive and emotional health through design, technology and treatment strategies.