

**THE PROVISION OF SECURE BICYCLE PARKING AND SHOWERS AT WORKPLACES HAS BEEN SHOWN TO POSITIVELY IMPACT ON WORKERS DECISIONS AND BEHAVIOURS TO CYCLE TO WORK.**

Source: Buehler, R. (2012). Determinants of bicycle commuting in the Washington, DC region: The role of bicycle parking, cyclist showers, and free car parking at work. Transportation Research Part D: Transport and Environment 17 (7): 525-531



**THE THERMAL COMFORT, AIR QUALITY AND VENTILATION SYSTEMS, LEVELS OF LIGHTING, SPATIAL LAYOUTS, ACCESS TO NATURE, VIEWS AND DAYLIGHT, COLOUR, NOISE CONTROL, EMPLOYEE ENGAGEMENT AND DENSITY IMPACTS ON WORKERS PERFORMANCE, PRODUCTIVITY AND SATISFACTION.**

Source: Vischer J. 2003. Designing the work environment for worker health and productivity. Design and Health: International Academy for Design and Health.



**20%  
LOWER  
RISK OF  
STROKE**

**CLIMBING STAIRS HAS A RANGE OF POSITIVE HEALTH BENEFITS. PEOPLE WHO CLIMB AT LEAST 20 FLOORS PER WEEK HAVE A 20% LOWER RISK OF STROKE.**

Source: Paffenbarger RS, Jr., Hyde RT, Wing AL, Hsieh CC. (1986). Physical activity, all-cause mortality, and longevity of college alumni. The New England journal of medicine. 314(10):605-613.