

Standard

What are the Fitwel Standards?

Fitwel Champion: Alexandria Real Estate Equities

499 Illinois St., San Francisco, CA. Courtesy of Alexandria Real Estate Equities, Inc.

Fitwel provides tailored strategies for multifamily residential and workplace properties to optimize unique opportunities for each project. Stay tuned as we expand our portfolio to include other project types in the future.

[DOWNLOAD THE SCORECARD](#)

Project Types

Fitwel Scorecards are available for the following project types:

WORKPLACE

Multi-Tenant Base Building

Impacts building owner/management staff within buildings or campuses whose floors and common areas are occupied by multiple tenants.

Multi-Tenant Whole Building

Impacts all occupants (building owner/management staff and tenants) within buildings or campuses whose floors and common areas are occupied by multiple tenants

Single-Tenant Building

Impacts all occupants of an entire building or campus whose floors and common areas are occupied by a single tenant.

Commercial Interior Space

Impacts occupants within contiguous spaces or groups of contiguous spaces within a building that are occupied or controlled by a single tenant.

RESIDENTIAL




Multifamily Residential

Impacts residents of an entire building or development that contains multiple dwelling units and is classified as multifamily residential.

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Fitwel Star Ratings

Fitwel Certification is awarded at the following levels:

		
90–104 Points	105–124 Points	125–144 Points

Fitwel Strategies

The Fitwel Scorecards include 55+ evidence-based design and operational strategies that enhance buildings by addressing a broad range of health behaviors and risks. Each strategy is associated with unique point allocations, based on the strength of associated evidence and the demonstrated impact on occupant health. This means that strategies with stronger, multi-faceted impacts receive more points.

Fitwel addresses health as an interconnected system, with no single dominant category or area of focus, and as such all strategies are voluntary, with no individual prerequisites.

Fitwel influences seven Health Impact Categories:

[Impacts Community Health](#)

[Reduces Morbidity + Absenteeism](#)

[Supports Social Equity for Vulnerable Populations](#)

[Instills Feelings Of Wellbeing](#)

Provides Healthy Food Options

Promotes Occupant Safety

Increases Physical Activity

Fitwel Strategies are categorized into the following 12 sections

SELECT USER TYPE: WORKPLACE RESIDENTIAL

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- 1 Location ⊖

Workplaces located in more walkable neighborhoods with nearby amenities and public transit access support greater opportunities for physical activity, social equity and foster positive impacts on community health.

Sample strategies include optimizing WalkScore and transit access.

 - 2 Building Access ⊕

 - 3 Outdoor Spaces ⊕

 - 4 Entrances & Ground Floor ⊕

 - 5 Stairwells ⊕

 - 6 Indoor Environment ⊕

 - 7 Workspaces ⊕

 - 8 Shared Spaces ⊕

 - 9 Water Supply ⊕

 - 10 Cafeterias & Prepared Food Retail ⊕

 - 11 Vending Machines & Snack Bars ⊕

 - 12 Emergency Procedures ⊕
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Resources

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