Our Society makes behavioral decisions everyday that may or may not lead to better health. Choosing poor behavioral decisions may eventually lead to obesity, stress, diabetes, depression, and America’s number one killer: heart disease. Well-designed architectural space can create behavioral responses that diminish unhealthy decisions and influence positive health. This may benefit our societies behavior and help our habits to change unconsciously, because healthy habits conserve sustainable human development.

The project is meant to enhance awareness to our lifestyles through design. The idea is to create a place where families can escape a sedentary lifestyle and experience the outdoors. This may therefore learning that the outdoor stimulation has the same effects as the TV, computer, video games etc., with more positive effects. By creating an environment for families, this lifestyle center is hoping to attack childhood obesity.

Located on a scenic cliff near the St. Croix river in Taylors Falls, MN, it will be affiliated with both Minnesota and Wisconsin, and rented by the state. Targeting 25.3% of the obese population in Minnesota and 26.9% of the obese population in Wisconsin, this Lifestyle center offers a grand opportunity for 489,752 obese people to live healthier lives. This project was designed with cabin spaces, offering a place where families can stay and learn about fitness and experience the outdoors, motivating and acting their lives.

Architecture can get people talking. It can calm children in the classroom, make passive people more active, and shape corporate culture. It can also encourage people to find new paths and discover new aspects of their city—and of themselves.”

Kim Herforth Nielsen

Actuated Architecture: Driving Healthy Behavior with Design

Laura Brunik

Professor: Darryl Booker