

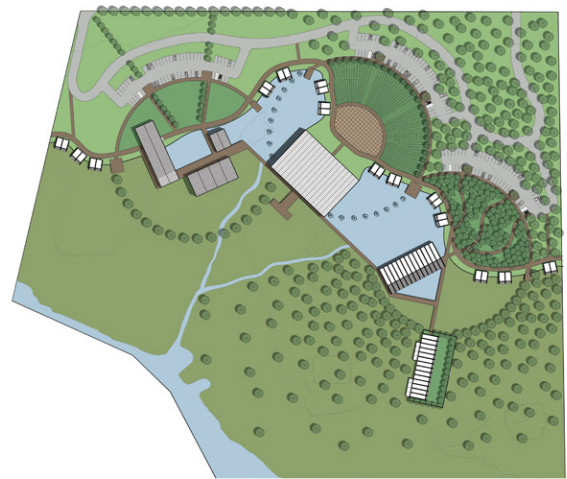
Designing for Wellness

I believe that there is an innate quality of wellness found in nature, which if captured correctly, can aide to human health and well-being. My goal was to introduce a new building type, a wellness park, to fill the gap in society between hospital and home, and provide this ability to restore wellness from within. To prove this link between well-being and nature, I began to define wellness through research of existing building types: hospitals, monasteries, fitness centers, gardens, and spas. Over the course of ten interviews and site visits, I was able to identify the necessary components of each building in contribution to wellness, which helped to find their underlying relationships. From this, I was able to develop a program for my proposed wellness center, which is located on a thirty-five acre wetland site in Princeton, New Jersey.

Some of the main properties found from my research that propelled the design and program include: that a wellness center should be a series of separate buildings set within nature, that its location should be within the urban environment for ease of accessibility in this fast-past world, that each of these buildings should incorporate daylight and views to correspond appropriately to each space function, and that wellness itself is holistically composed of the physical, environmental, social, and spiritual, all of which should be present in the building program. My program developed into the following buildings: restaurant, lecture/conference, pottery, gym, pool, library/art gallery, meditation/yoga, and individual guesthouses.

The researched programmatic guidelines influenced my design greatly, from the evolution of how these buildings should be organized on the site and in relation to one another, as well as how within each building the individualized spaces should be controlled. My intent was to create this new building type of a wellness park, which would provide the needed balance of activity and silence, connection and solitude, creativity and sparseness. The catch is that the definition of these values changes with each user, and thus, the building program must be adaptive to those variances.

BUILDING DESIGN APPLICATION	PHYSICAL			ENVIRONMENTAL			SPIRITUAL			EMOTIONAL		
	Layout	Location	Access	Views	Daylight	Nature	Community vs. private	Reflection	Welcome	Space Flexibility	Mood Enhancement	User Control
Assumption Abbey												
Benedictine Sisters of Perpetual Adoration												
ITKL												
Archimedes												
Frank Zim & Assoc.												
Lawrence Memorial Hospital												
KU Pac Center												
KU HSES Prof.												
Professor Wojcik												



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Research Abstract

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