



Changing Lives by Design™



SACRAMENTO

SAN JOSE

IRVINE

SAN DIEGO

DALLAS

SAN ANTONIO



HEALTH CARE

K-12

HIGHER EDUCATION

CIVIC

CORPORATE

TARGETED DEVELOPER

integrated design

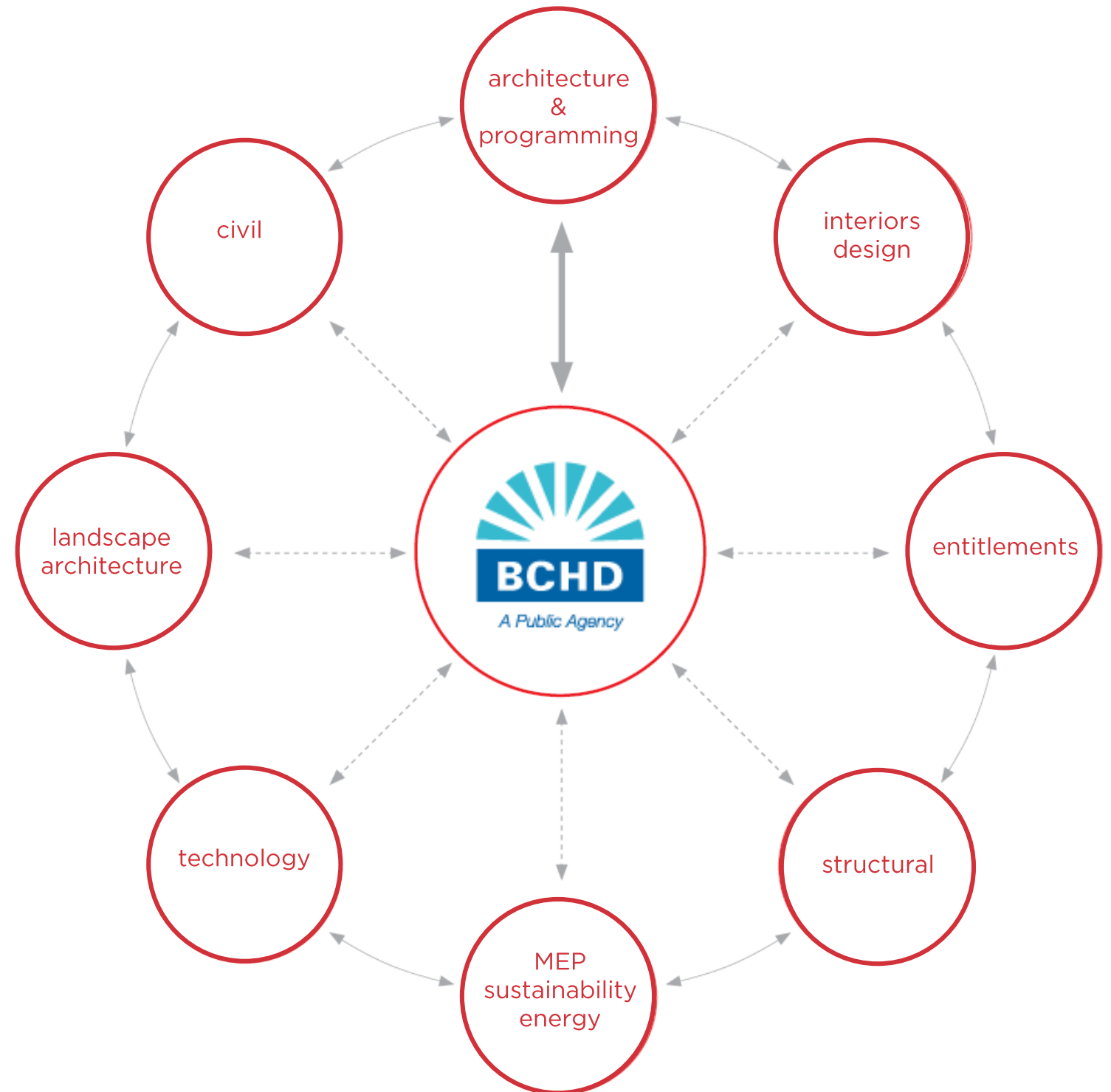
a **holistic approach** to problem solving

multidisciplinary team of specialists

client-centered

enables all stake-holders to **actively participate**

fosters **communication, collaboration and cooperation**



inside-out

case study

Mount 
Saint Mary's
University
LOS ANGELES



The Wellness Pavilion



founded in 1925

a Catholic university primarily for women (90%)

emphasis on building leadership skills, liberal arts and sciences

diverse student body

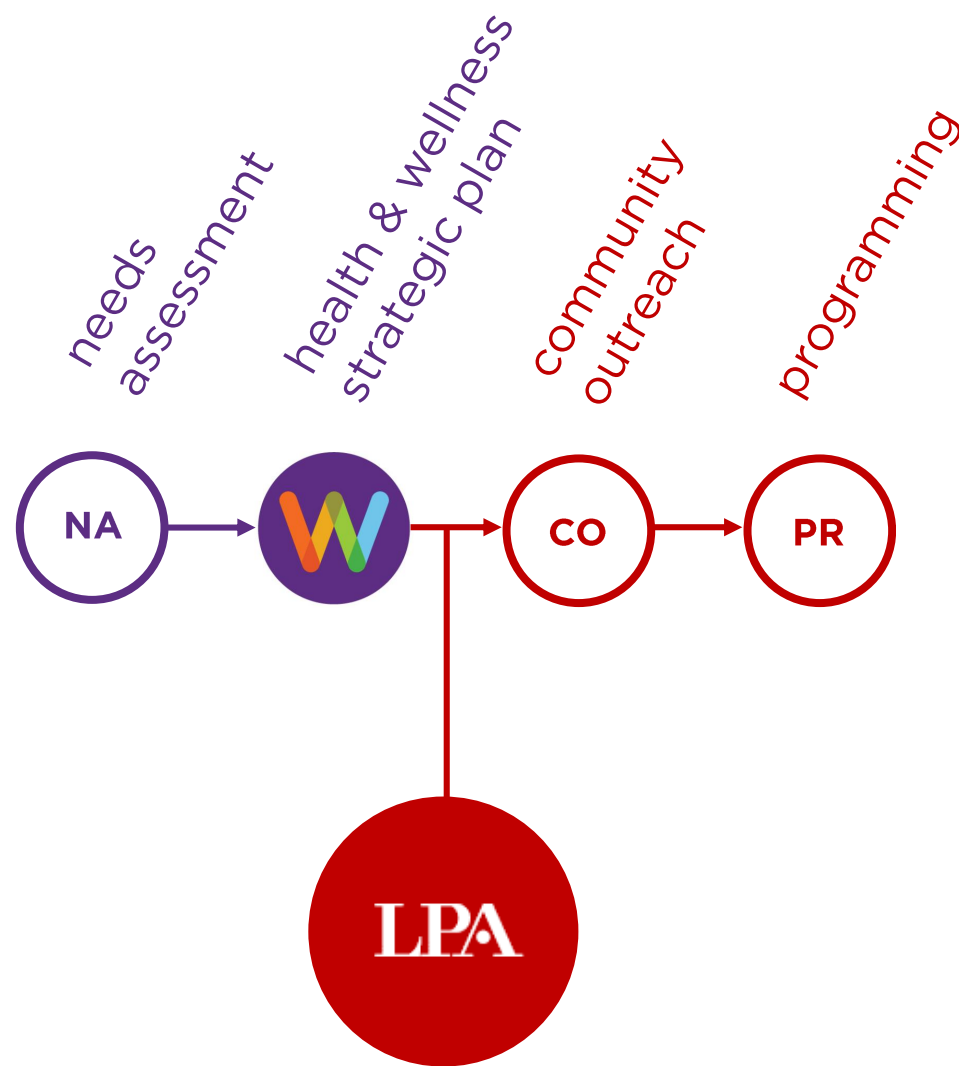
3,200 students, two campuses





process

process / outline



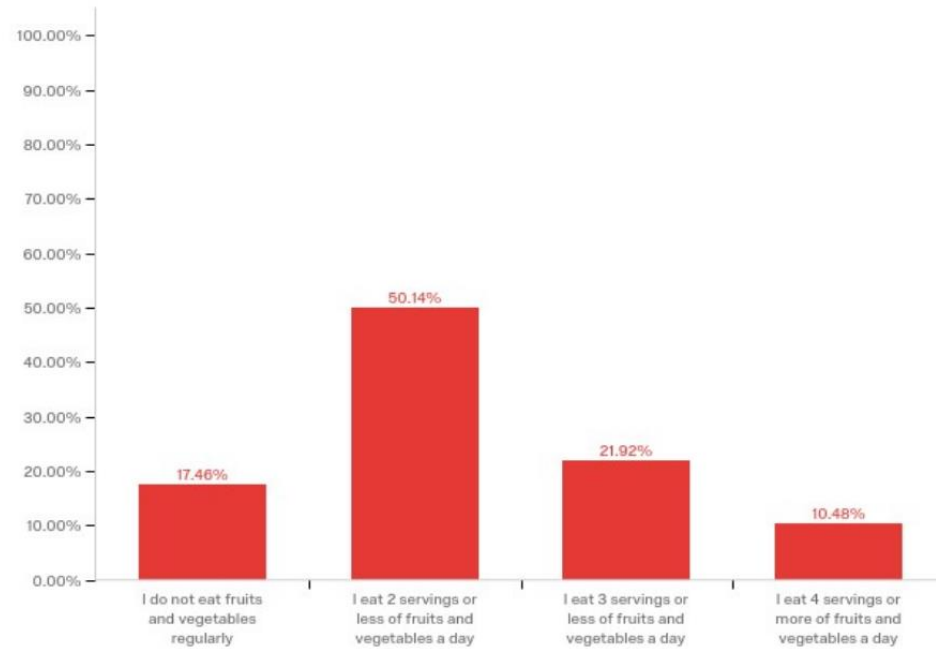
- Led by Mount Saint Mary's University
- Led by LPA
- Agency process

health & wellness needs assessment



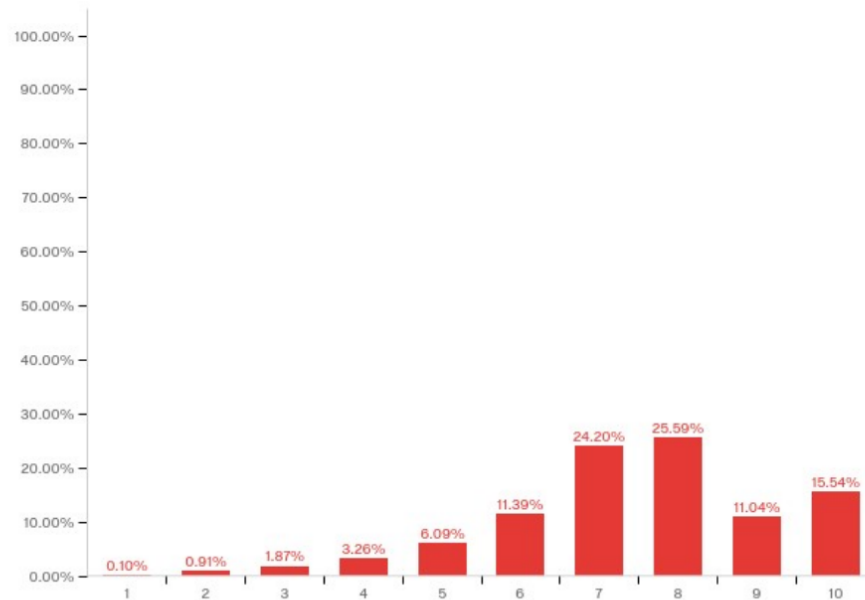
EAT GREEN

Q2 - Fruits and Vegetables. Select the statement that best describes your current intake of fruits and vegetables. A serving is defined as 1/2 cup or the size of a computer mouse.



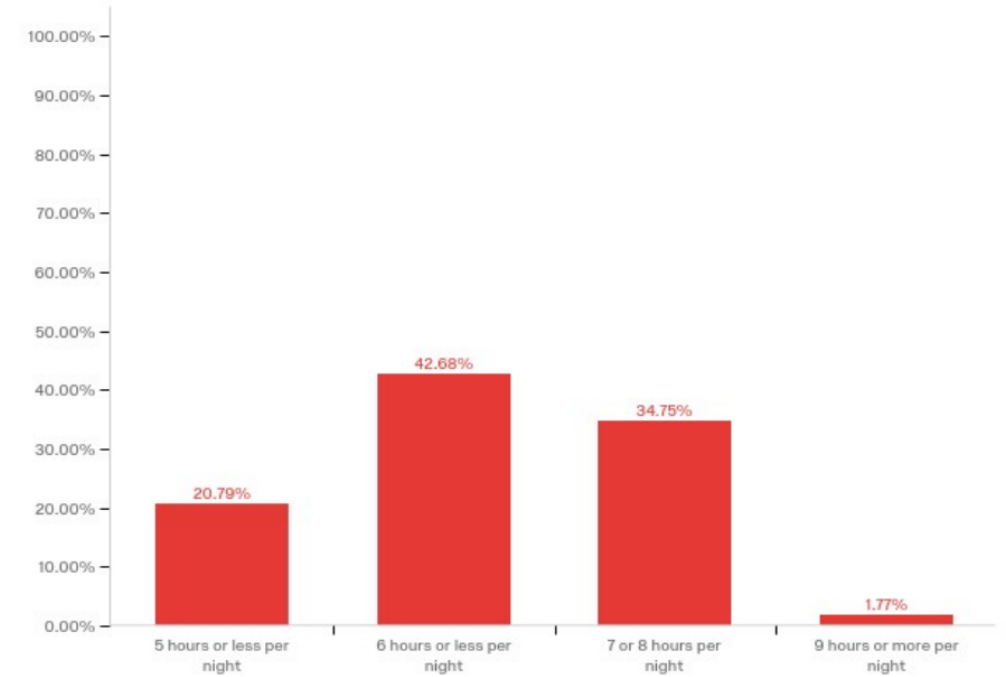
DE-STRESS

Q11 - Stress. Over the past 6 months, how stressed have you felt on a daily basis? 1 = no stress, 10 = maximum stress.



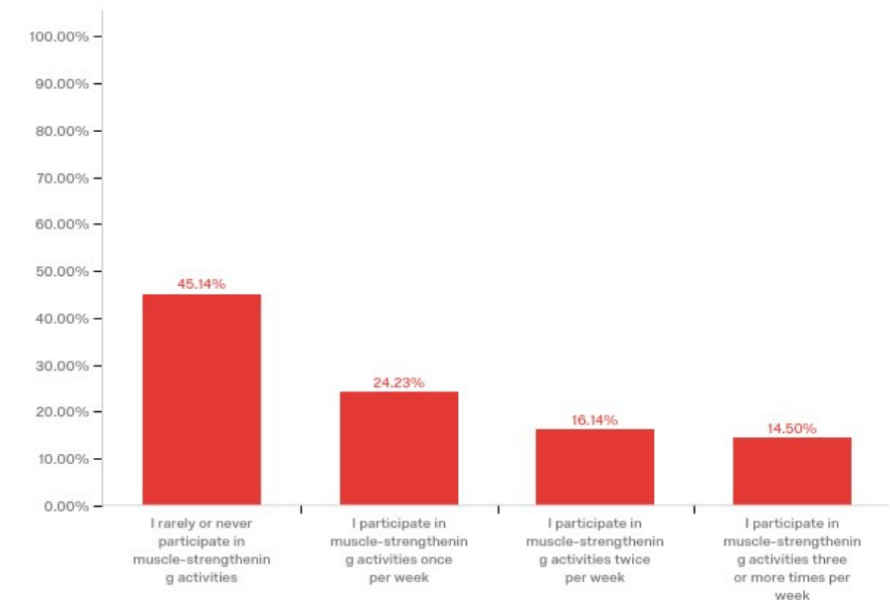
SLEEP WELL

Q9 - Sleep. Over the last 6 months, on average I sleep:



MOVE MORE

Q8 - Current Muscle-Strengthening Activity Level. On average, how often do you participate in muscle-strengthening activities that work all major muscle groups? Examples of these activities include lifting weights, working with resistance bands, yoga, push ups/sit ups, or heavy gardening (i.e. digging, shoveling)



health & wellness strategic plan

MOUNT WELLNESS MAKES HISTORY

Mount Saint Mary's University, Los Angeles is the first women's university in the United States to join Partnerships for Healthier America, an organization chaired by Michelle Obama.

[Read More about the partnerships](#)



comprehensive wellness initiative centered on the principles of **inclusion, empowerment, and personal well-being**

goal: create a robust, **positive culture of health and wellness**



MOUNT WELLNESS

A PLAN FOR THE FUTURE

By 2025, our goal is for at least two-thirds of Mount Saint Mary's students to feel healthy by the time they graduate.



Wellness Task Force made up of more than 20 faculty, staff, and student representatives

peer advocates system

wellness events

4 Elements, 1 Goal: Wellness

EAT GREEN

Eat Green is a campus-wide campaign centered on healthy nutrition. In addition to encouraging our community to increase its consumption of fruits and vegetables, this initiative also advocates for foods that are sustainably-sourced and farm-to-table

DE-STRESS

De-Stress is a critical part of our wellness movement that seeks to address a common problem in our society: rising stress levels. Through personalized training in mindfulness and meditation, this initiative aims to provide healthier alternatives for dealing with stress.



MOUNT WELLNESS

SLEEP WELL

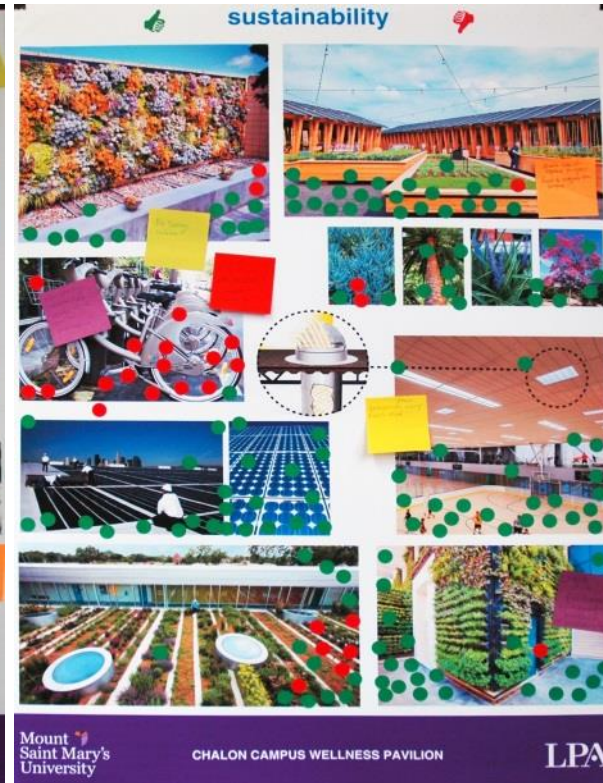
Sleep Well is an initiative devoted to encouraging all members of our community to get the recommended amount of sleep each night. Through workshops in proper sleep hygiene, and by referencing cutting-edge research and technology, this program aims to maximize the many well-documented health benefits of sleep.

MOVE MORE

Move More is a concerted effort to inspire all members of our community to be physically active. Through offerings that include group fitness, yoga, walks and marathon training to name a few, there are opportunities to meet every activity level.

community outreach

community outreach / visual imagery



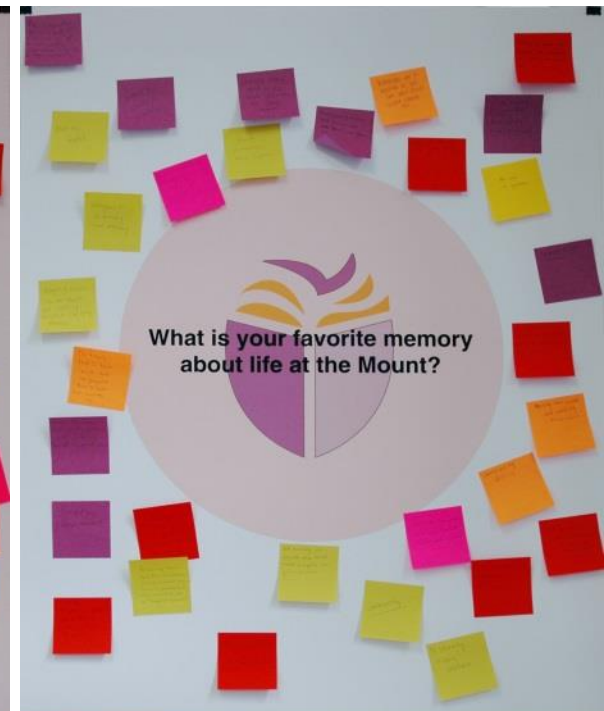
community outreach / thought starters



Mount Saint Mary's University
CHALON CAMPUS WELLNESS PAVILION
LPA



Mount Saint Mary's University
CHALON CAMPUS WELLNESS PAVILION
LPA



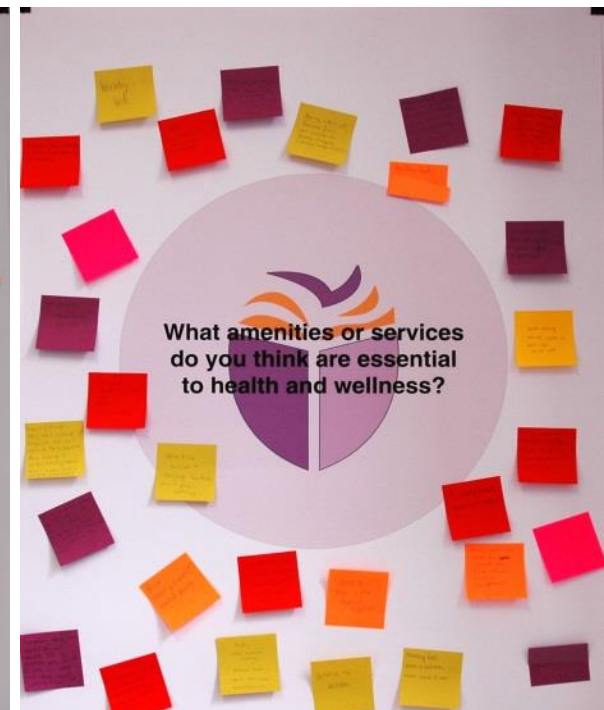
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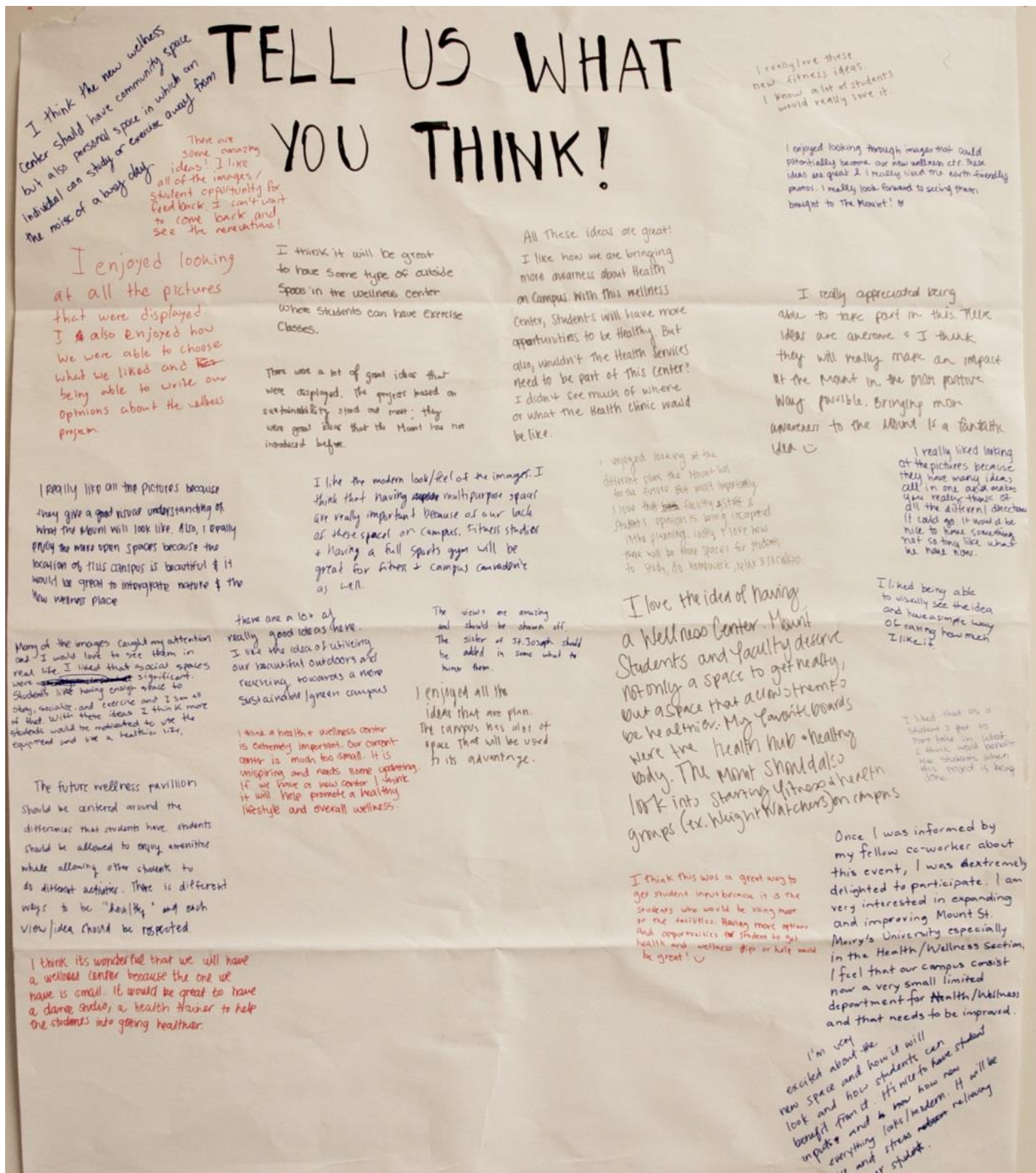
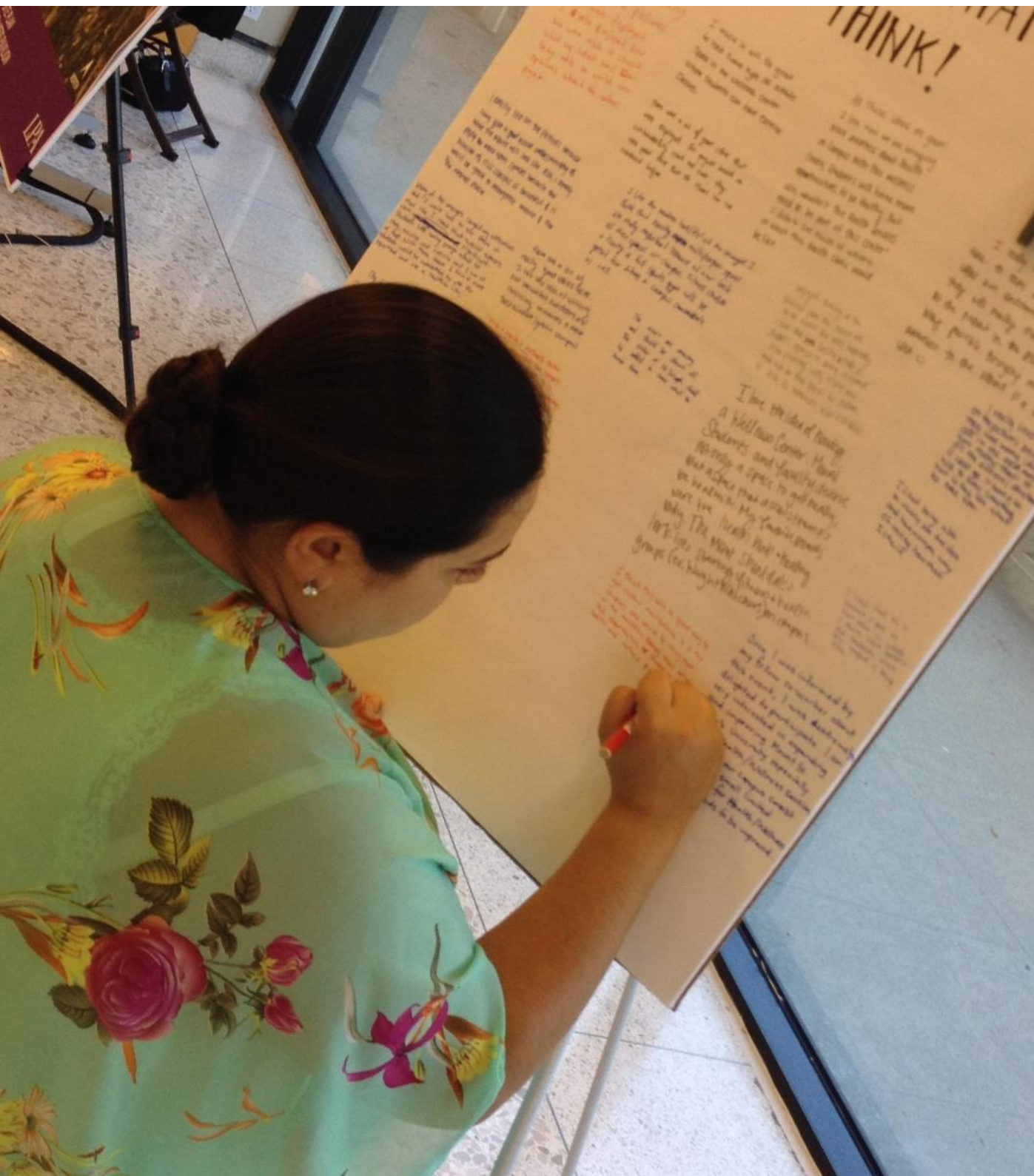


Mount Saint Mary's University
CHALON CAMPUS WELLNESS PAVILION
LPA



Mount Saint Mary's University
CHALON CAMPUS WELLNESS PAVILION
LPA

community outreach / message boards



community outreach / driving themes



hub of activity

a model to share

fitness + sports

marketing + branding

affecting habits + culture

resource for all

high use

spiritual/ physical/ emotional

on time

accessible during construction

quiet spaces to meditate and relax

teaching + learning opportunities

holistic approach

more space, more programs

beautiful + functional

visually inviting + inclusive

outdoor spaces

both group + individual spaces

delighted to participate

outside fitness space

stress relieving activities

sustainable + green campus

promote awareness

finding time for myself

opportunities

introduce nature/open spaces

more places to do stuff

maximize views

a valuable resource for students

a place for health + fitness

inspire

diversity + respect

better/healthier food

motivation to exercise

programming

program / quantitative



	Qty	ASF	Subtotal	Notes
FITNESS				
Gymnasium	1	9,200	9,200	50'x84' basketball court with 2 volleyball cross courts and 3 badminton courts; fold out spectator seating (approx. 175 seats)
Gym Storage	1	300	300	Not identified in program
Subtotal			9,500	
Studios				
Dance	1	2,500	2,500	For use with yoga, ballet, jazz, zumba, country line, folklorico, hip-hop, belly dancing, international dance 30 participants plus one instructor Sound system and large screen for video-instruction Mirrors on three walls, barres on two walls
Studio Storage	1	300	300	Not identified in program; recommend shared
Cycling	1	1,500	1,500	30 stationery bikes plus instructor bike Mirrors on two walls Sound system and large video screen for virtual rides
Subtotal			4,300	
Exercise Room	1	2,500	2,500	Treadmills; 10 stations Elliptical; 8 stations Recumbent bikes; 3 stations Upright bikes; 5 stations Cross-trainer machines; 2 stations
Life-Fitness strength training system				Upper body; 9 machines Lower body; 8 machines Torso; 3 machines Free weight area/bench press; 2-3 at any one time
Warm-up and cool-down area				Stretching; 6-8 at any one time
Subtotal			2,500	
Classroom				
Classroom- A	1	1,575	1,575	1 tech pod; seating for 45; tables and chairs, not desks; instructor desk and station; chair, podium etc.
Classroom- B	1	525	525	Same as 'A', for 15 seats
Subtotal			2,100	
OFFICES				
Fitness	1	150	150	Director; desk, chair, file cabinet, small table with four chairs
	1	120	120	Associate Director; desk, chair, file cabinets, 2 additional chairs
Coach	3	100	300	2 desks, 2 cabinets and 2 chairs in each, or one enclosed office with 6 cubicles; for 6 coaches
Lifeguard Office & Staff	1	200	200	Not identified in program; (2) desks/stations with staff equipment & storage
Subtotal			770	

SUPPORT				
Men's Locker Room	1	500	500	20 lockers
Men's Showers	1	200	200	
Women's Locker Room	1	500	500	20 lockers
Women's Showers	1	200	200	
Team Locker Room	1	500	500	20 lockers
Training Room	1	300	300	Confirm functions
Laundry Room	1	150	150	2 industrial washers and dryers
Pool Chemical Storage	2	80	160	Dedicated; 2 separate rooms
Pool Storage	1	300	300	Not identified in program
Pool Equipment Room	1	900	900	Not identified in program; conditioned
Lobby/ Main Entry	1	1,000	1,000	Not identified in program; adjacent to help desk
Help Desk/Equipment Checkout	1	150	150	Not identified in program; assistance, supervision, access control, equip- staffing?
Equipment Checkout Storage	1	150	150	Not identified in program; equip check-out, towels, retail, etc.
Social & Lounge Space	1	1,000	1,000	Not identified in program; adjacent to main entry and distributed throughout?
Health Hub	1	500	500	Centrally located to bridge "Mind + Body" spaces? Multi-purpose functions and resources; what staffing and support need to be adjacent for support?
Subtotal			6,510	

HEALTH CLINIC				
Reception	1	300	300	
Office- Director	2	120	240	
Office- Nursing	4	100	400	
Office	2	80	160	one for triage, one for consults & education
Meeting Room	1	250	250	
Exam Rooms	4	100	400	
Quiet Room	2	100	200	Student recovery or waiting
Workroom/Storage & Support	1	100	100	Not in identified in program
Subtotal			1,950	

COUNSELING/PSYCH SERVICES				
Reception	1	300	300	Dedicated/private with 5 waiting room chairs, 1 admin desk 1 filing cabinet, 4 wall supply cabinets, equipment countertop; private entrance/exit
Office- Director	1	120	120	Desk, chair, bookcase, 2 filing cabinets, 2 large counseling chairs
Office- Counselors	4	80	320	Desk, chair, bookcase, 1 filing cabinet, 2 large counseling chairs
Office- Post-Docs	1	80	80	Desk, chair, bookcase, 1 filing cabinet, 2 large counseling chairs
Training/Meeting Room	1	250	250	Counseling groups; 10 seats, closets for storage
Relaxation Room	1	150	150	For students dealing with/recovering from crisis
Workroom/Storage & Support	1	100	100	Not identified in program
Subtotal			1,320	

FACILITIES & MAINTENANCE				
Spaces TBD	1	3,500	3,500	
Subtotal			3,500	

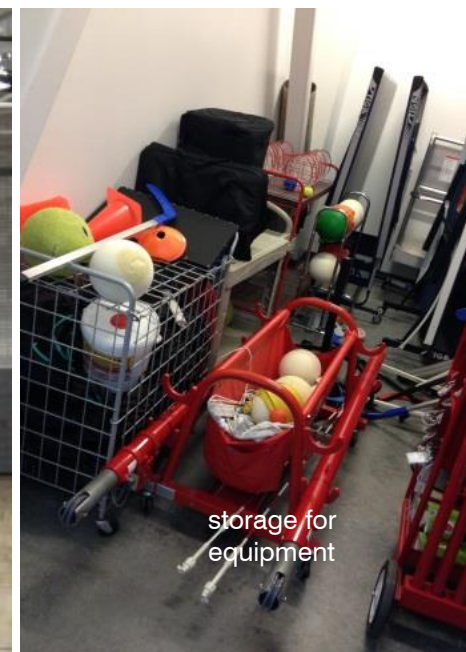
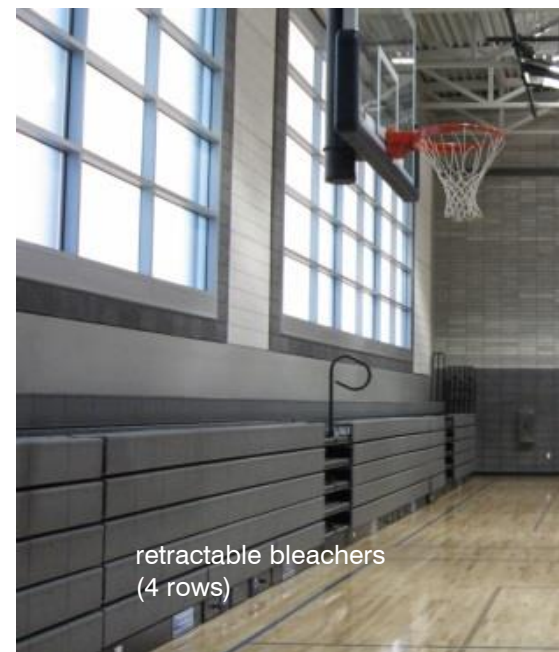
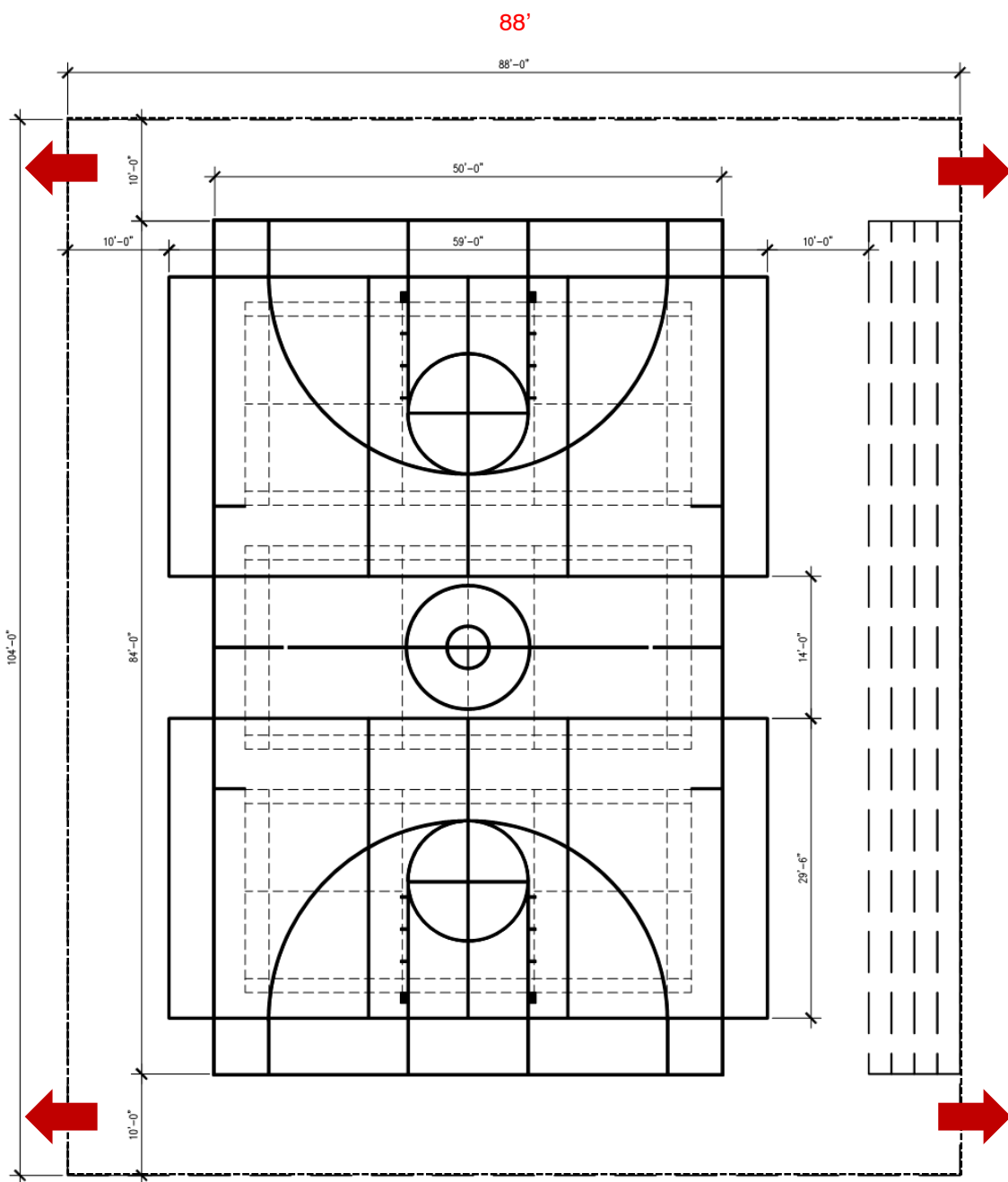
AQUATICS				
Outdoor Pool & Deck				

PARKING				
Parking Structure				

32,450 total asf
 13,907 70% efficiency
46,357 total gsf

program / qualitative

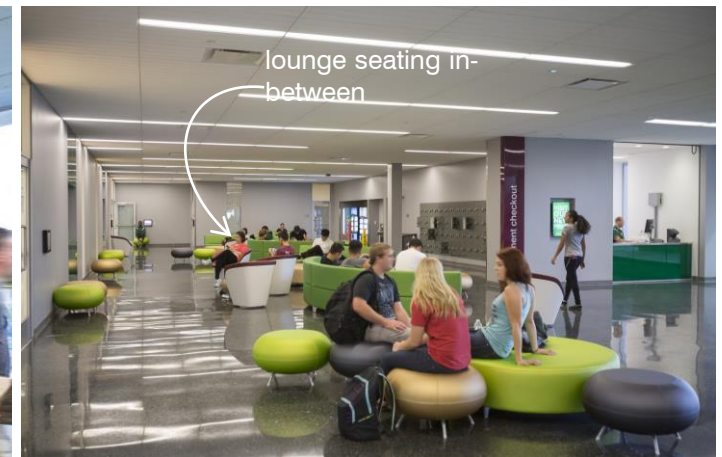
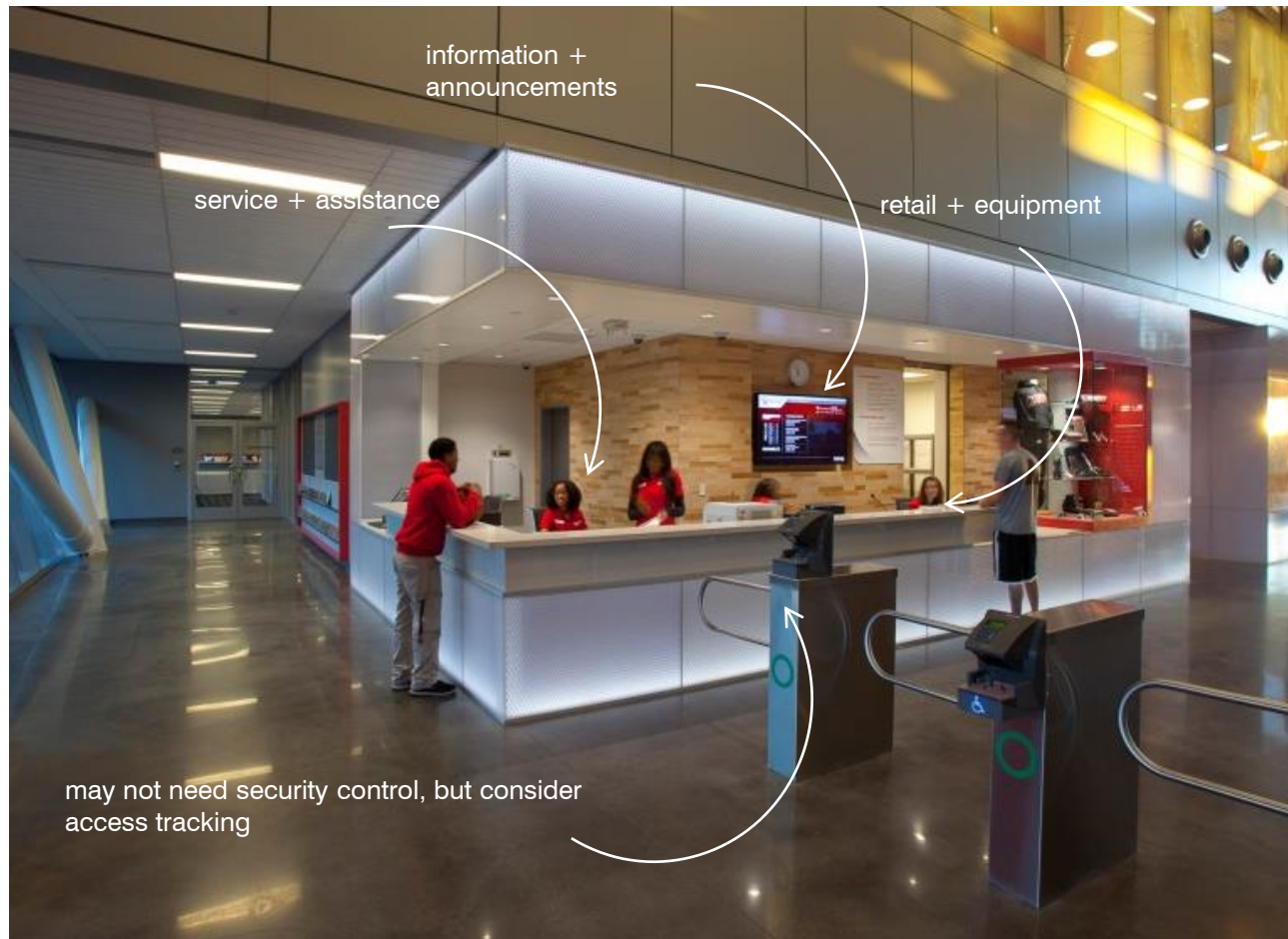
	Qty	ASF	Subtotal	Notes
FITNESS				
Gymnasium	1	9,200	9,200	50'x84' basketball court with 2 volleyball cross courts and 3 badminton courts; fold out spectator seating (approx. 175 seats)
Gym Storage	1	300	300	Not identified in program
Subtotal			9,500	



program / qualitative



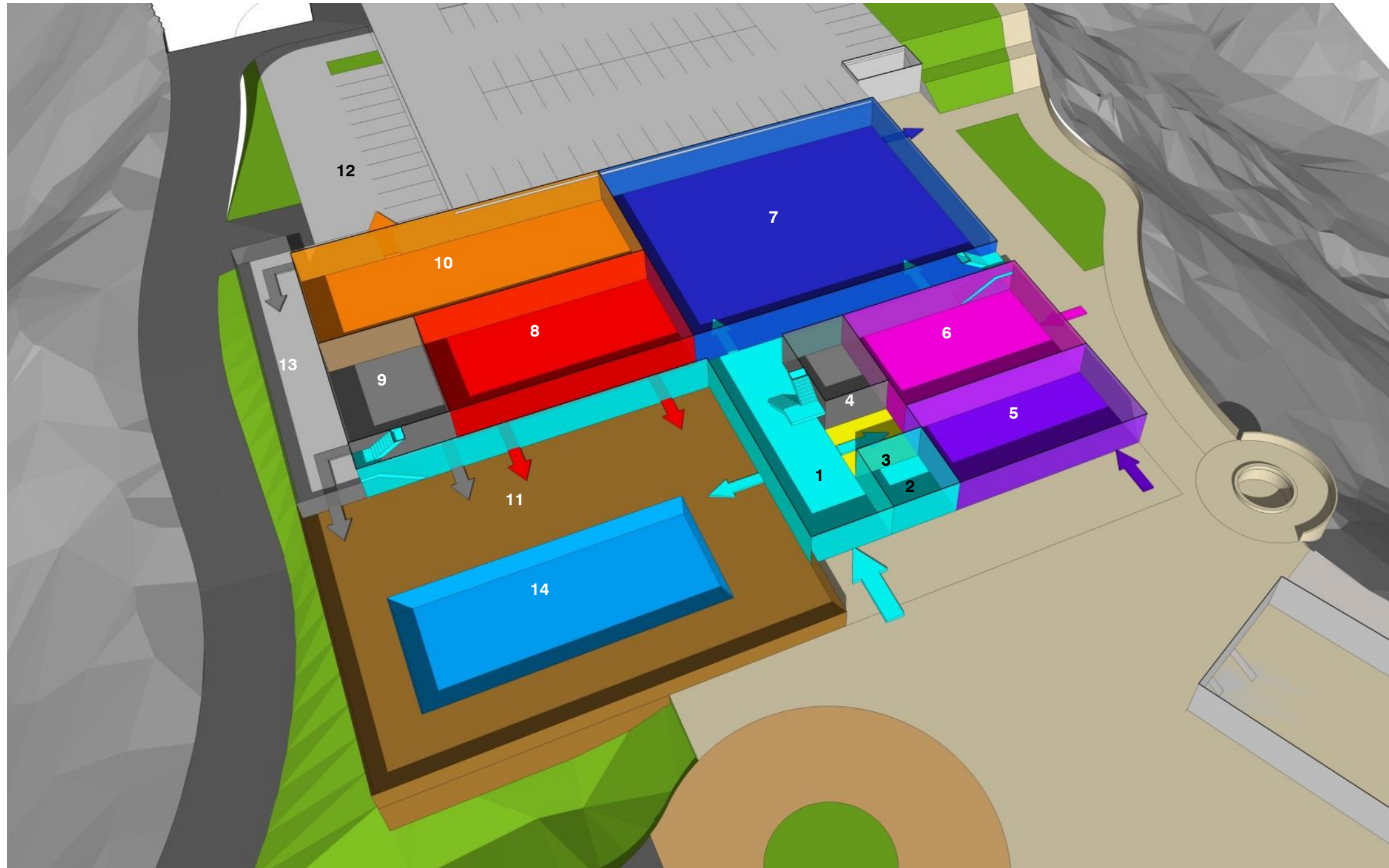
Lobby/ Main Entry	1	1,000	1,000	Not identified in program; adjacent to help desk
Help Desk/Equipment Checkout	1	150	150	Not identified in program; assistance, supervision, access control, equip- staffing?
Equipment Checkout Storage	1	150	150	Not identified in program; equip check-out, towels, retail, etc.
Social & Lounge Space	1	1,000	1,000	Not identified in program; adjacent to main entry and distributed throughout?
Health Hub	1	500	500	Centrally located to bridge "Mind + Body" spaces? Multi-purpose functions and resources; what staffing and support need to be adjacent for support?



design

design / 3D program on site

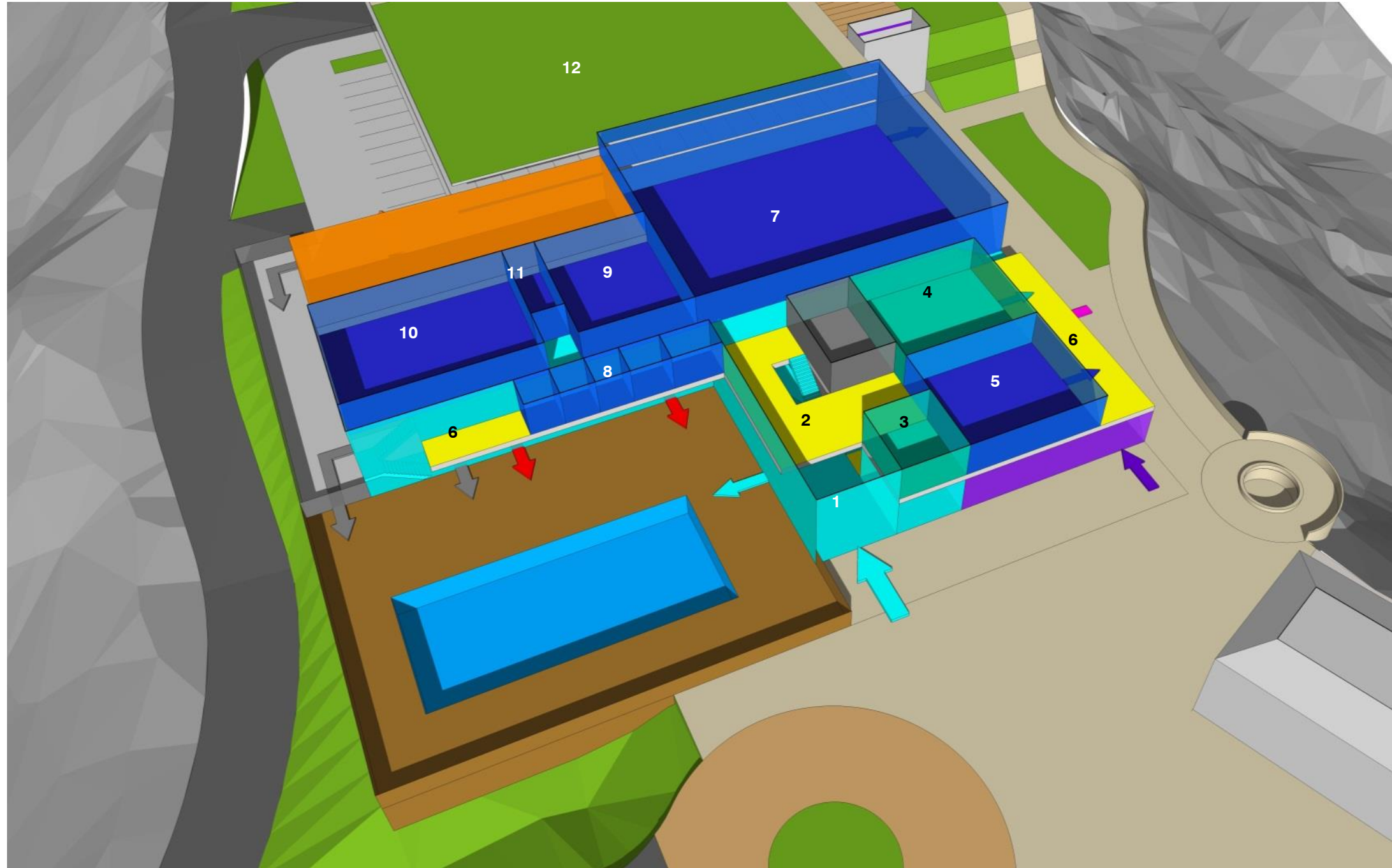
- 1 lobby / circulation
- 2 front desk / information
- 3 equipment checkout
- 4 hub / social space
- 5 counseling
- 6 health clinic
- 7 gym
- 8 lockers / support
- 9 pool support
- 10 facilities and maintenance
- 11 pool deck
- 12 service yard
- 13 service access
- 14 pool



Level 1

design / 3D adjacencies on site

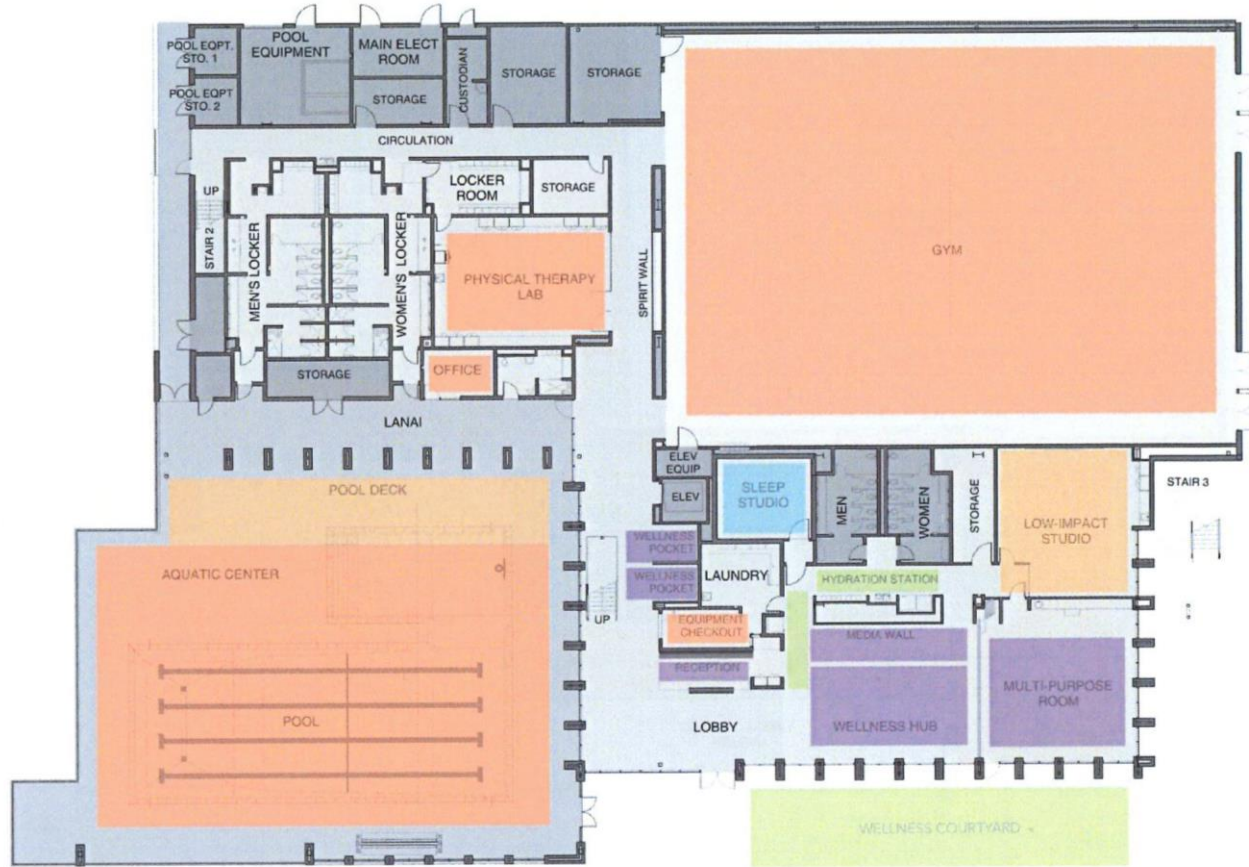
- 1 lobby / circulation
- 2 social space
- 3 small classroom
- 4 large classroom
- 5 exercise area
- 6 view deck / social space
- 7 gym (open to below)
- 8 offices
- 9 small studio
- 10 large studio
- 11 storage
- 12 parking structure field



Level 2

design / conceptual site plan





THE PAVILION'S CONNECTION TO THE 4 PRIMARY WELLNESS COMPONENTS:

MOVE MORE: Gym, physical therapy lab, aerobic studio, cycling studio, fitness studio, aquatic center

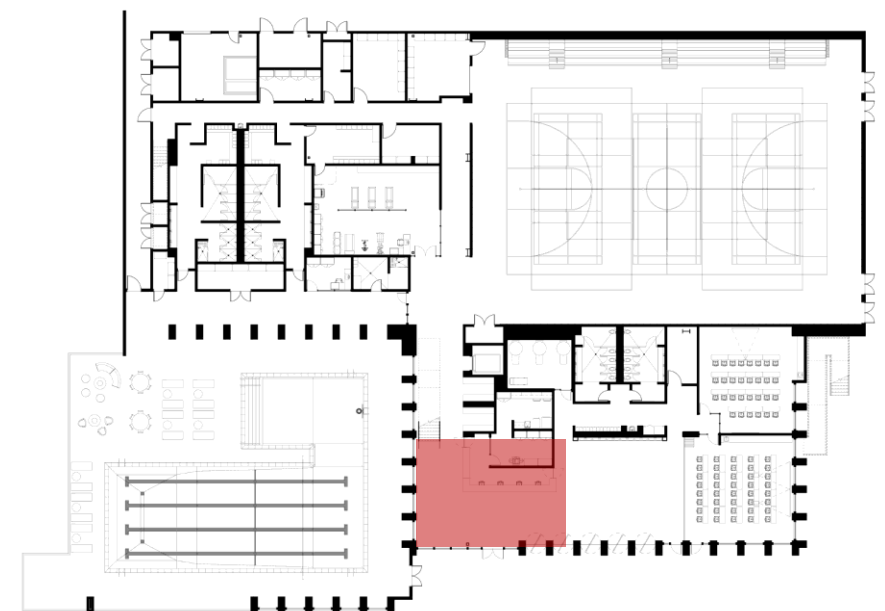
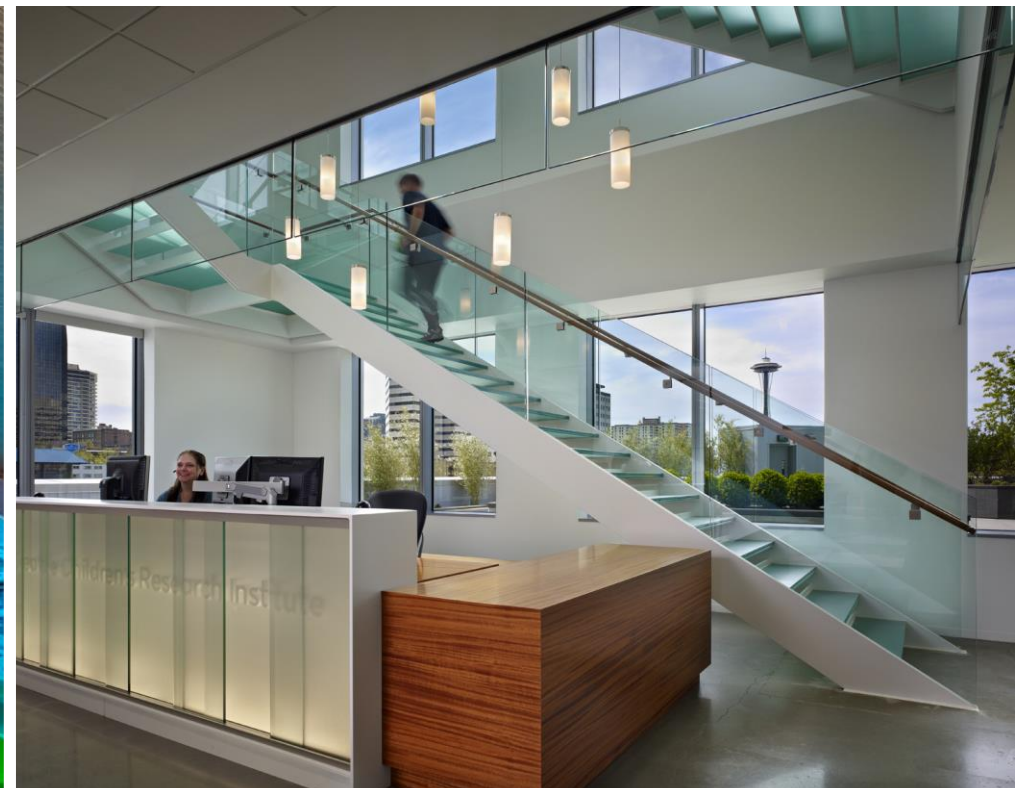
EAT GREEN: Hydration centers, vending, wellness courtyard, food cart

SLEEP WELL: Sleep studio

DE-STRESS: Low-impact studio, multipurpose room (workshops), outdoor studio (yoga, etc.), social lounges (promote social cohesion), and see MOVE MORE areas (as physical activity reduces stress).

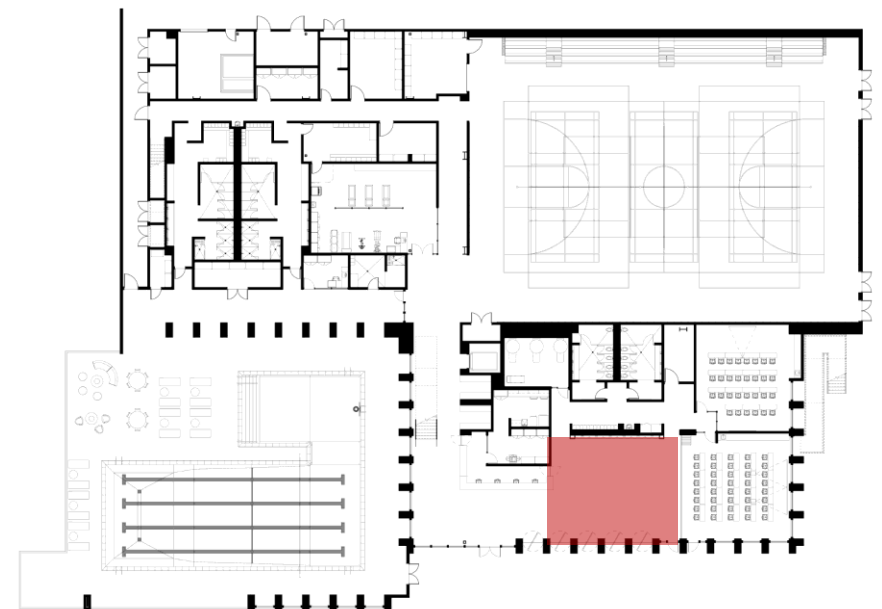
All Areas: multi-purpose room, wellness hub, media wall, wellness pockets, offices (support the peer wellness advocates' work with their clients).

design / interior spaces

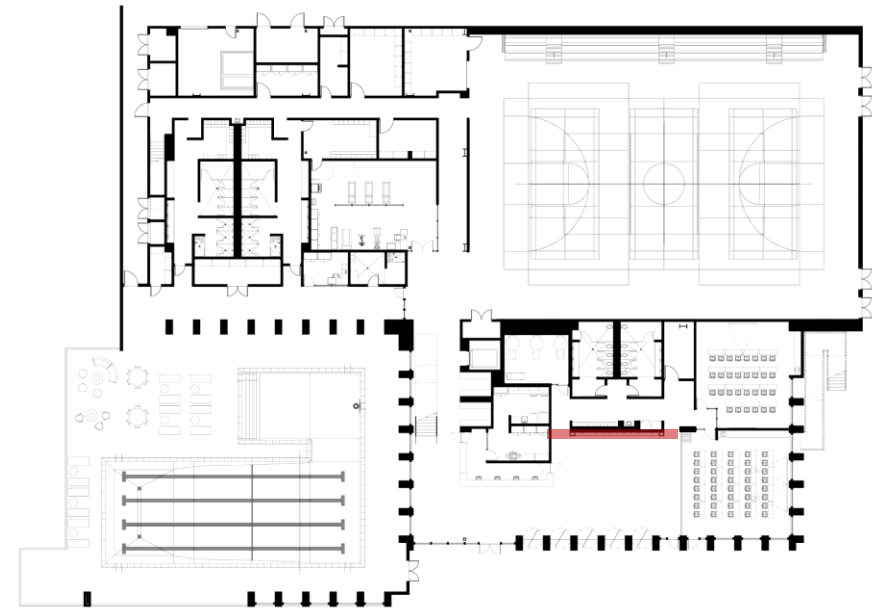


lobby & reception

design / interior spaces

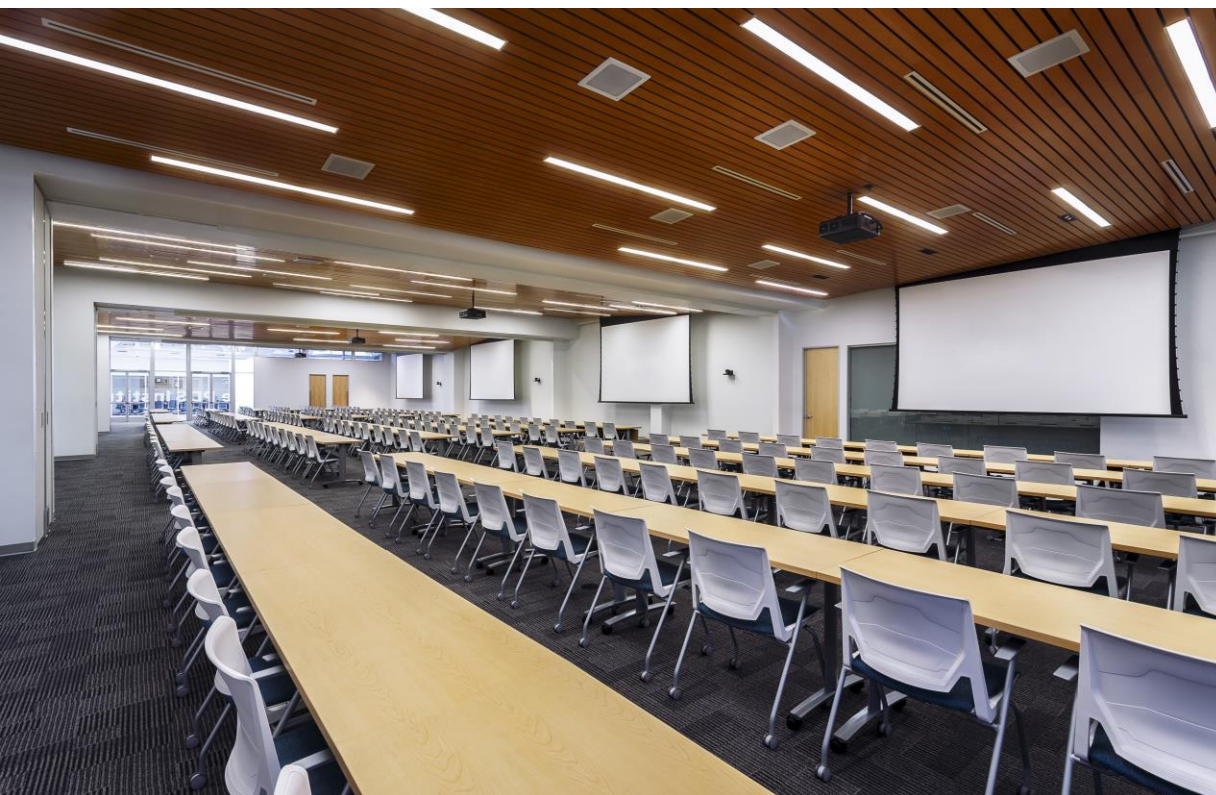


wellness hub



media wall

design / interior spaces



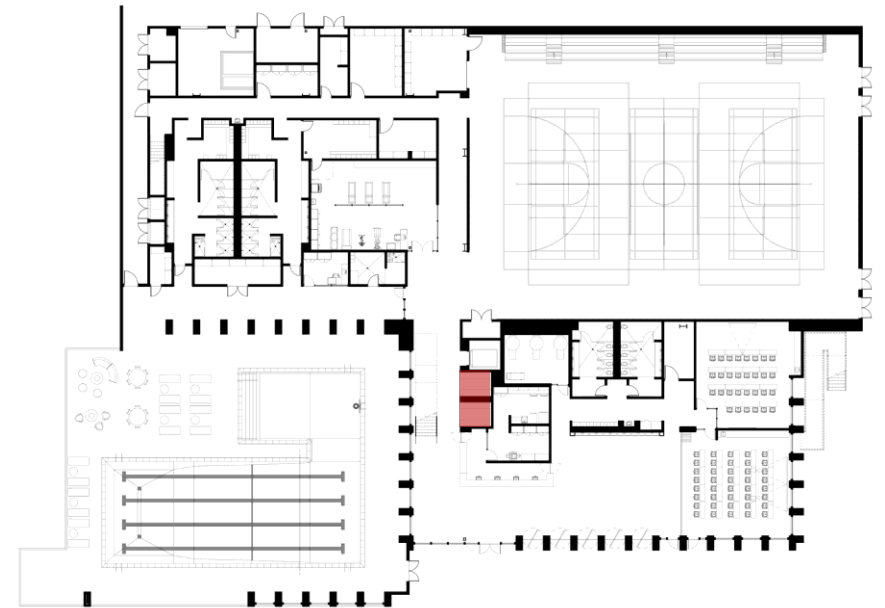
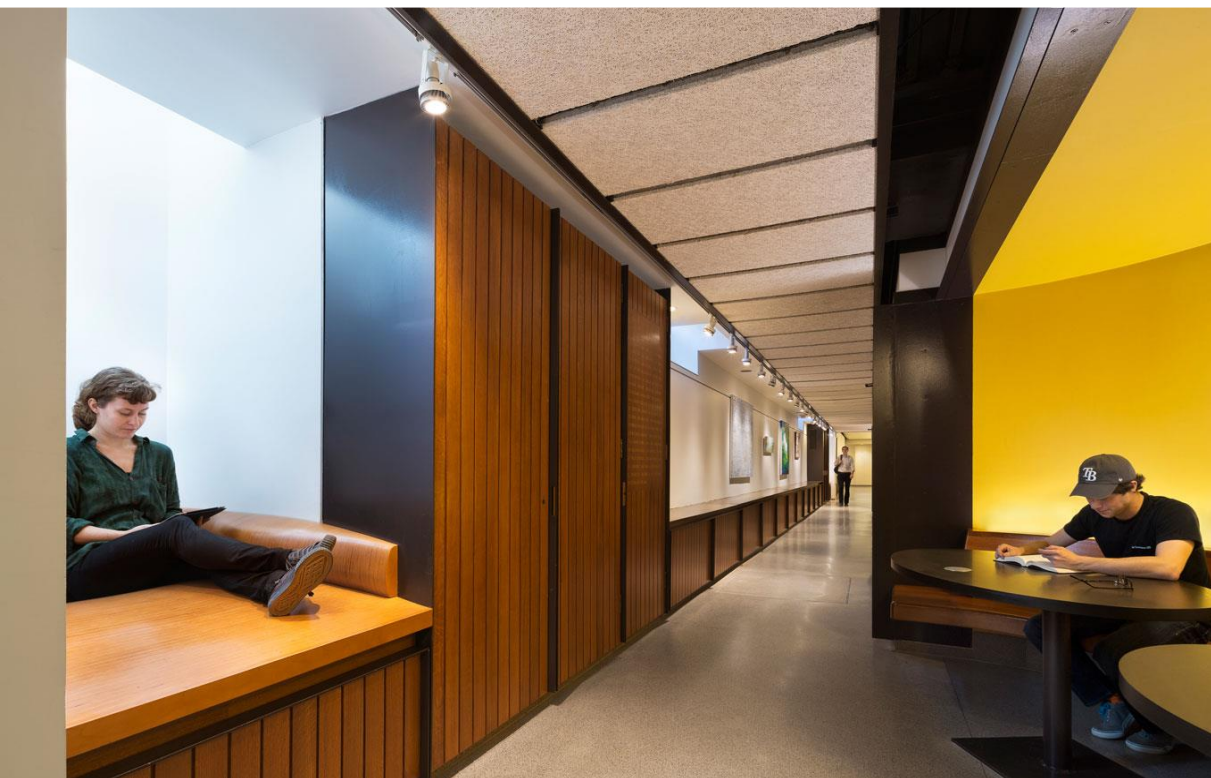
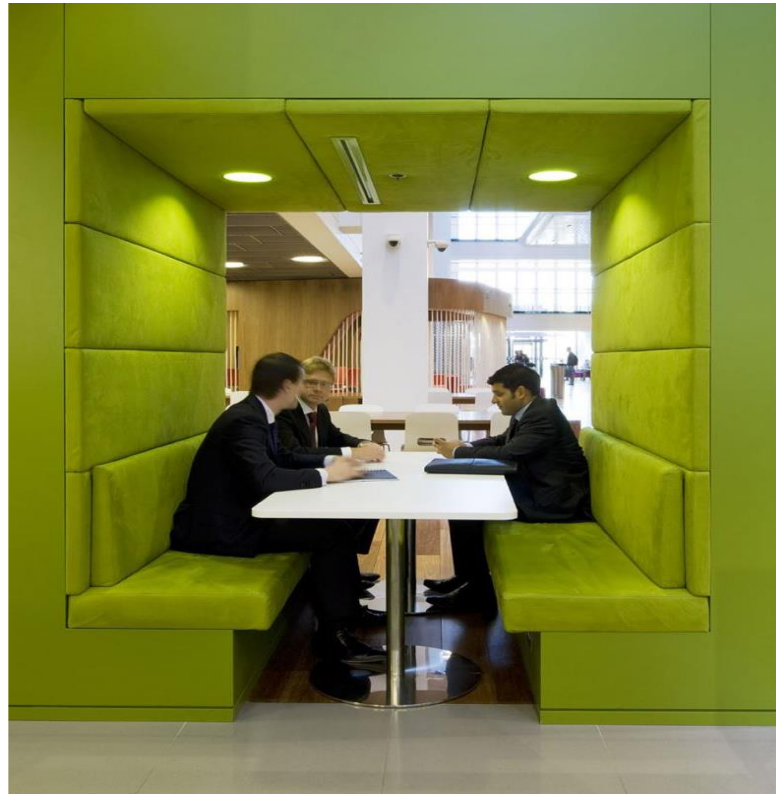
multi purpose rooms

design / interior spaces



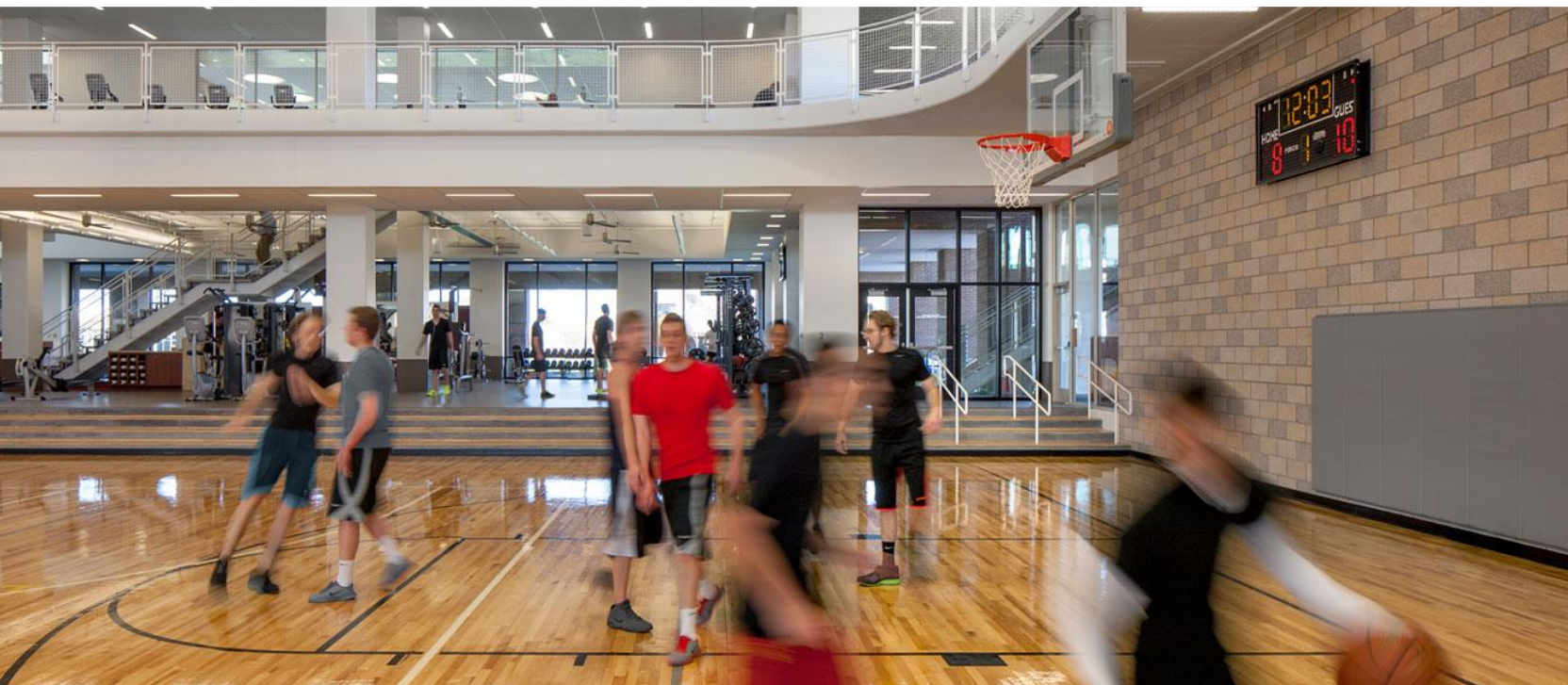
quiet rooms

design / interior spaces

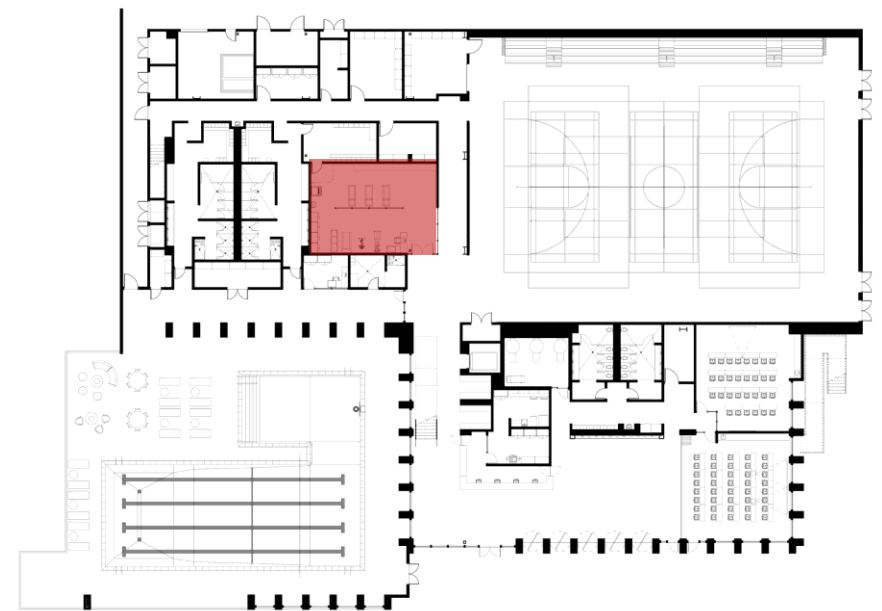
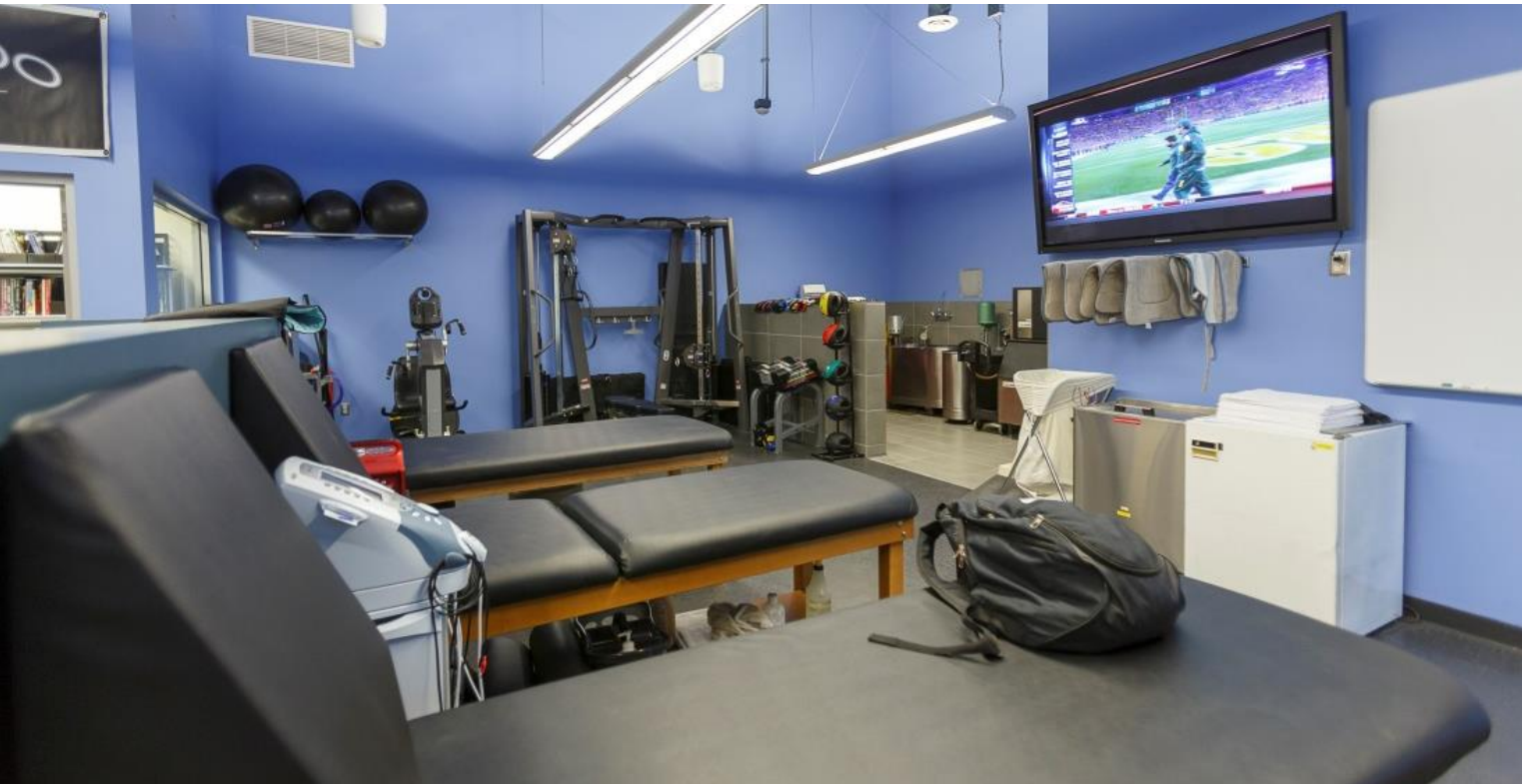


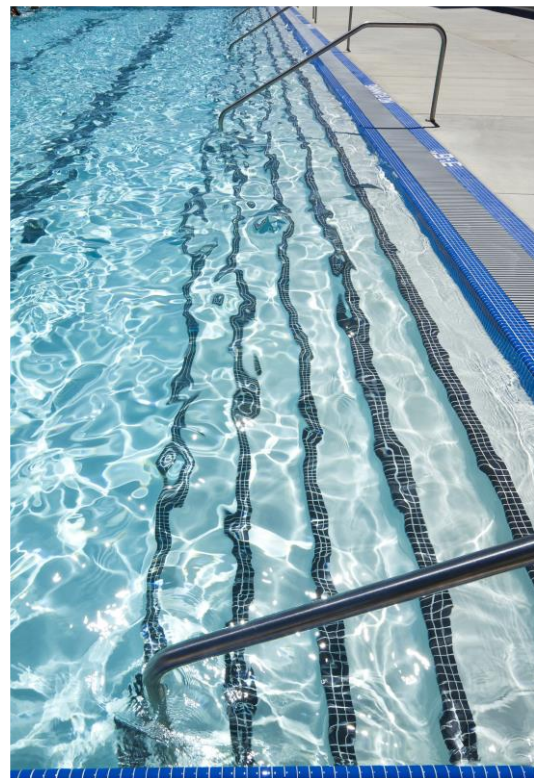
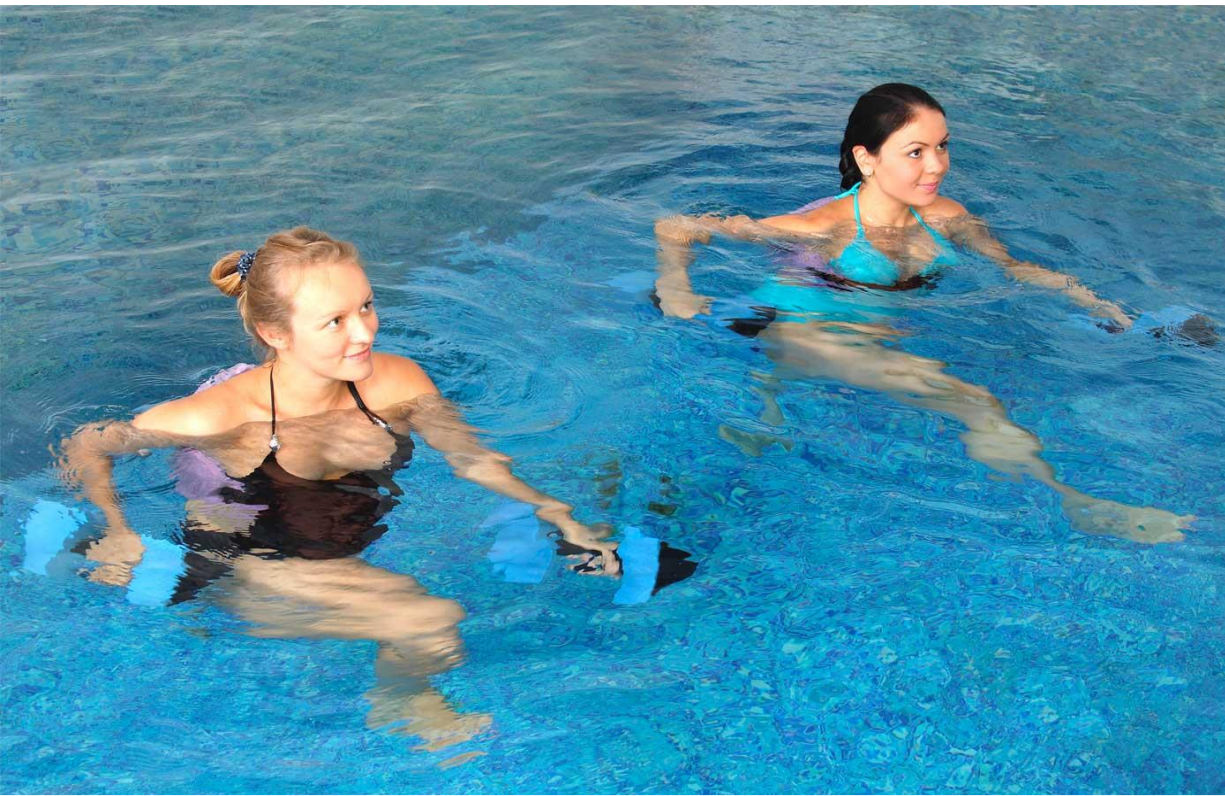
wellness pockets

design / interior spaces

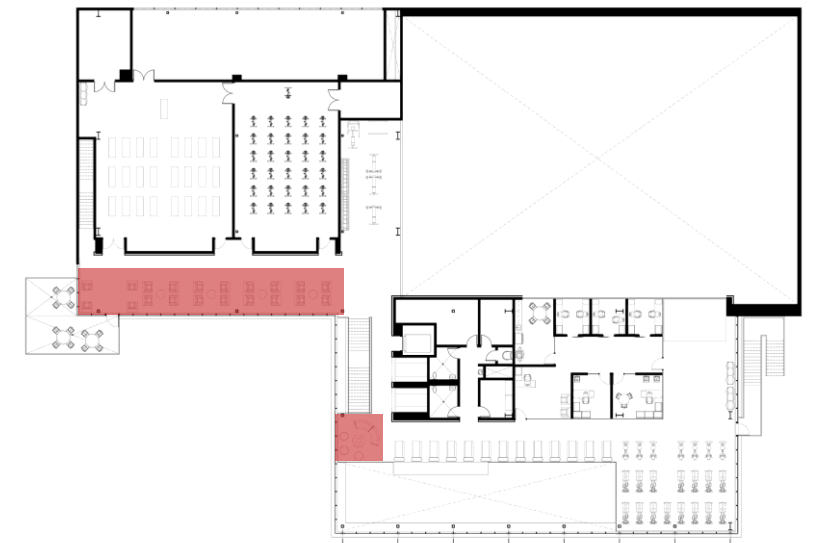


multipurpose gym





wellness and therapy pool



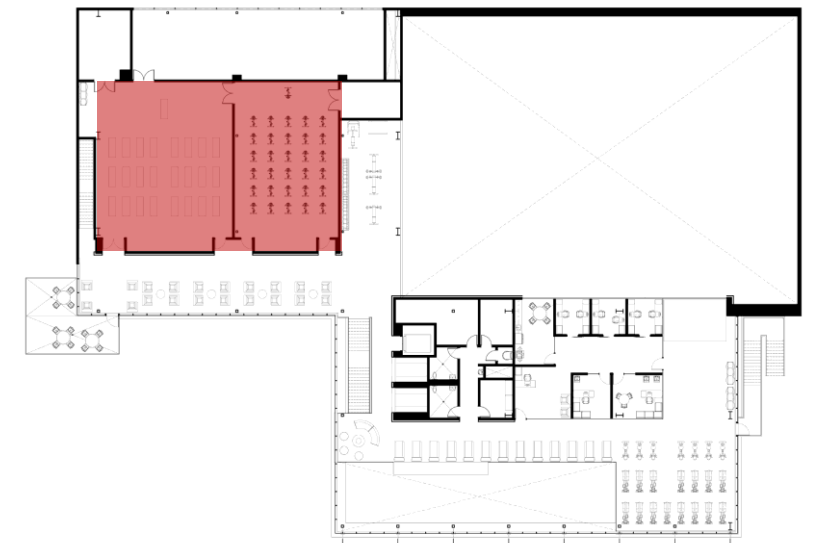
social spaces and lounge areas

design / interior spaces



cardio areas

design / interior spaces



fundraising



fundraising

outside-in

tarbut v'torah / playground re-imagination



the school recently completed a renovation of their existing playground into an interactive learning environment. by extending the function of the classroom outdoors, the campus gained an additional 7,000 sq. ft. of programmable space inclusive of a new amphitheater, growing gardens and farm, outdoor art space, interactive creek and all new play structures selected to promote health and learning. the playground also incorporates teaching elements such as writable surfaces, an outdoor classroom and reading huts set in the landscape. with an inspiration from nature, the playground utilizes materials such as boulders to form seating areas, synthetic turf for the surfacing at the play equipment and planting native to the region. each of the outdoor learning and activity zones were incorporated into the site with the goals of promoting the use of the outdoors as a seamless extension of the learning spaces.











the oasis **wellness center** was created to contribute to student success and retention, while enhancing the student life experience at **csu northridge**. it serves to compliment the student recreation center in fulfilling the quality of fitness, health and wellness for the entire campus community. the design approach was simply bridging the relationship between mind and body. while the recreation center delivered fitness and student life experiences on a bold and large scale, the wellness center seeks to complement it from an intimate and contemplative perspective.

the previous under-utilized landscape has been transformed to support the programs and functions of the wellness center. shaded courtyards will make the outdoor “rooms” more usable, and the variety of small gathering spaces will support the services offered for health and wellness. this includes shaded lounge areas, sculpture garden, fireplace and amphitheater.









the vine / campus courtyard



the courtyard is an example of effectively optimizing previously underutilized space.

formerly a passive outdoor space that was difficult to program, the newly envisioned vine incorporates social, collaborative and event opportunities. designed as an extension of the work environments within university research park, the vine combines landscape, outdoor meeting and social spaces, shade structures and amenities with the flexibility to accommodate large scale corporate events. many of the existing trees were retained and incorporated into the newly envisioned space. the design aesthetically contrasts with the simplicity of adjacent offices and the stimulating outdoor environment was invited indoors to adjacent tenants via large glass roll up doors.









life sciences corporate park / campus connectivity



the bioscience firm specializes in the design, manufacturing and marketing of tissue heart valves and related repair products.

the project includes two 30,000 gallon tanks, one of the largest rainwater harvesting tanks in orange county and the first in the city of irvine. the tanks capture all of the stormwater on-site for reuse as landscape irrigation. in order to gain the greatest benefit for the rainwater harvesting system a thoughtful combination of native/drought tolerant materials has been used for the landscape palette with an efficient irrigation system complete with state of the art "smart" controllers. the LPA landscape design requires 50% less water than a typical "code" baseline design which extends the time that the rainwater harvesting system will be used. the site design also includes bio-retention planters that collect and naturally clean the water before it enters the storm drain system.

the campus enrichment is a three phase development where the first phase of the project added a 1200 car parking structure complete with a 4,000 sf living wall, a 556 kw pv system, 16 charging stations and two bioswales that are part of the overall sustainable site development. The garage forms the back drop for a future campus green, and will be covered with a living wall that extends the park setting, anchoring the shared out door campus area.













west hollywood / city hall & community service building



in addition to providing approximately 200 parking spaces serving city hall, surrounding businesses and residences, the automated garage and community plaza project will also feature a 3,250 square foot community events center.

the plaza will provide an appropriate civic front door for city hall as well as a new public venue for community and civic events. the plaza will also serve as a sustainable demonstration garden which will feature california native landscape, water conservation technologies and sustainable materials and construction. the building itself will also incorporate many environmental features including a solar panel array, as well as a dramatic public art component by artist ned kahn.

additionally, the garage will provide much safer access and egress for visitors, service vehicles and emergency vehicles as well as motorcycle parking and bicycle parking. the design of the site and structure will strive to bridge the commercial aspects of santa monica boulevard and the residential aspects of the adjacent neighborhood through the use of increased open space and landscape as well as appropriate lighting and an organic palette of materials.











thank you!
q&a