



FitSpace™

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Fitspace

Home of the active body

Fitspace

A new design concept for living actively

Fitspace

How do you live?

Preface

FitSpace

FitSpace is a work in progress. My intent is to capture a few ideas which may resonate and become something of greater significance in someone's life or home.

Defined, FitSpace is the design of space and buildings which utilizes active living as the main programming requirement.

FitSpace utilizes unique strategies, methodologies, and aesthetics to create environments that stimulate and encourage activity, ultimately enhancing range of motion, strength and flexibility.

FitSpace seeks to weave together contexts, resources and individuals to rethink the traditional 'fitness club' mentality. FitSpace embodies healthy living by course correcting and contributing to lifestyle changes which fuse activity with our daily living (routine).

In my mind, FitSpace remains ambiguous which oddly gives it a life that eludes my attempts to define it simply.

Rex Ingram

FitSpacePADS.blogspot.com

FitSpace.wordpress.com

Introduction

In October 2004, I etched the word 'Ironman' onto my calendar for the first time. The triathlon, consisting of a 2.4 mile swim, 112 mile bike ride and a marathon (26.2 mile run), loomed as a broad concept without my true understanding of what it would take to prepare. As a self trained athlete, I've always enjoyed creating my own training plans and learning from the experience of endurance training and racing. My girlfriend was also training for the same event (her first too) and was being coached by the great Karen Smyers. Through planning, training and preparation I began to bring the day into focus. Training for Ironman become a lifestyle. In fact, I'd say that compared to the training and all of the associated lifestyle changes, IM was almost the easy part. Almost.

As an architect with experience in urban planning, I became increasingly aware of the difficulties and challenges of training 'out of' my living space and within the larger context of living in downtown Boston. Living in an apartment loft gave me a unique opportunity to design the 'fit-out' however I pleased. I'm quite sure that the original architects of my building did not envision a Rockwall, yoga room, an indoor mountain bike track, or even storage for five bicycles and a kayak. My fit-out design did.

It was through this work initially of adapting our loft space to the activities of our lifestyle that lead to the ideals of FitSpace.

In July of 2007, the day after Ironman USA in Lake Placid, registration opened on-line for the event in 2008. IM USA 2008 would mark Ironman's 10th anniversary in Lake Placid, NY. Thirteen minutes after registration for the event opened it was sold out. Triathlon and Multisport in general, is here to stay, that much is clear and Triathlon as a lifestyle is clearly becoming increasingly recognized.

The concepts of FitSpace are relatively simple and congruous with the way that many of us live already. I love the Nike expression 'Just Do It.' FitSpace helps us to overcome those things that stand in our way such as our lack of organization, motivation, space or the right kind of spaces that surround us. Imagine a living space that beckoned you to play with a climbing wall, an indoor running area or a mountain bike track complete with ramps and tight corners. More importantly, the living areas are organized in a way to get you out. Going for a run? I challenge you to start the clock the moment the thought first enters your mind.



15 Channel Center Street in Boston - our first FitSpace. Interior curved ramps through the bedroom completed a bike track.

Our Living Environment

It is an interesting juxtaposition to me that multisport and specifically Ironman (Ironman has just added a new event and course, Louisville, KY to it's north American series due to the sport and brand's popularity) have become so popular and the fact that America's collective fitness is at an all time low. Statistically speaking, the latest studies indicate that by the year 2010, 70% of all Americans will be over weight with 30% of those being obese. That's an astounding 60 million obese Americans! Yet at the same time ultra endurance sports are exploding. I think that there is an interesting psychological relationship that exists between the two worlds (which may not be as far apart as we may think). The sheer volume of training for Ironman or a Marathon is a catalyst for losing weight for sure, but I've often heard of people losing well over 50lbs on their personal journey to marathon or triathlon. A Marathon or triathlon can be a powerful motivator that may give an individual the incentive to change life long habits, at least in the short term.

Dr. Phil once commented in an interview with Oprah Winfrey that he was able to lose 10lbs just by changing the way he entered his house. He explained that typically he would enter his home through the side door which led to the kitchen and of course his first stop was the fridge. By making a small 'course correction' and entering through the front door he avoided the kitchen altogether while also reminding himself subtly to think about a healthy eating option for later. The fact is, as bicycle magazine best put it (September 07 issue, p.101), "if we all thought of every handful of junk that goes into our mouth as 250 calories we'd think a lot harder about what we're eating. You can see how quickly we can consume a thousand calories." In the case of Dr. Phil rethinking his strategy for how he utilized the layout of his home literally tightened up his waist line. Not bad, eh?

I have a friend, Patrick McCrann, who is a triathlon coach and the founder of Performance Training Systems (PTS). We've talked a lot about how he addresses the needs of his clients and how he can do this better. I am often astounded to hear that at times his biggest obstacle is not designing, implementing, monitoring and supporting his athletes as they execute his training plans but rather working with them to solve the basic life problems. These 'problems' range from a lack of motivation, basic time management skills, and giving priority to the time needed to train. We have so many distractions and reasons not to train and Patrick spends a lot of his resources puffing wind into his clients sails. After all, if 70% of all Americans are projected to be overweight in three years than chances are that you may be the only runner or triathlete on your block or even in your town. And the rest of the world is not too empathetic to your plight. The roads are hostile and, believe me, your spandex riding kit is enough for most folks to point and snicker.

But Patrick and his partner Rich Strauss have created something very clever and call it 'Endurance Nation.' The main objective of EN is to link like minded people to one another by creating a community. Typical interaction would be online and in forums but would include opportunities for training, motivating, sharing and racing together. He envisions a day when a single athlete can show up to an event after 'virtually' meeting other EN members and have a network of support and friends that

were built from relationships made online.

I supposed that as an architect and an athlete, I'm most interested in what the physical world of motivation, sport, movement and motion look like and how they can impact our environment in a positive and health minded way.

FitSpace Concepts

The concepts of FitSpace encompass all aspects of our physical environment from the master planning of the community that we live to the t-shirt that we might wear. Our architecture is struggling to reinvent itself as our technology and culture blasts off from the age in which we still build. I once showed a client some pictures of his home under construction and his jaw dropped, 'look at all that wood.' For the most part, the way we build today is little different from the way houses were built 200 years ago.

What has changed most significantly are the appliances that we put in our buildings that have simplified our domestic responsibilities. Arguably, the greatest benefit of these resources is our vast increase in leisure time. For many of us who train regularly or enjoy lots of activity in our life, 'leisure' time is a huge asset. When I talk to someone who regularly trains for Ironman I am most interested not in their IM training but in how they've arranged their life and time to train! For me, that's the real puzzle of Ironman.

The FitSpace ideology is really one of problem solving and creating solutions to the puzzle of maximizing space and time for one purpose; physical action and interaction. FitSpace seeks to reconnect our bodies to the everyday practice of living.

FitSpace

Planning, Architecture, Design, Style

FitSpace PADS

FitSpace Planning:

Mater planning is an important aspect of FitSpace. Conceptually, FitSpaces relate strongly to their context and to outdoor resources. For example, a perfect setting for a FitSpace building would correspond to certain objectives conducive for active and outdoor lifestyles and Multisport training. Some of these objectives may include:

- Uncongested open road systems for outdoor road cycling
- Off road riding opportunities; trail systems
- Hiking and trail running networks
- Large body of water for swimming and kayaking
- Proximity to local fitness and training facilities
- Proximity to quality of life amenities such as farmer's markets and health / healthy food markets

FitSpace Architecture:

The goal of FitSpace architecture is to realign our dwelling spaces with our needs for living actively in the following ways:

Reinterpreting spaces and adjacencies.

Consideration for the surfaces that make up architecture; tactile surfaces may encourage touch and meaningful interaction.

Display (and storage) of sport may contribute to the aesthetic appeal of an active space.

Organization of space and spatial sequencing (circuits) to support activity.



Boston's Fort Point Channel



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FitSpace Design:

Components of FitSpace which can be fabricated for use in the home such as furnishings, building products and equipment. FitSpace design helps us to adapt existing spaces to the concepts of FitSpace.



FitSpace Style:

The unity and cohesion related to all FitSpace products could be a consideration of FitSpace style.



your PADS' a FitSpace
if it...

Relates to a larger context

Fit spaces directly connect you to a larger network of training (sport) opportunities. These opportunities can be existing, such as a network of trails from the backyard or planned routes through the neighborhood. The significance of any FitSpace lies in how the space itself can encourage and facilitate exercise. A fit space building or space relates to a larger context or master plan which provides multiple opportunities for training and exercise. Any FitSpace relates to a larger locus and may include an entire city with running and cycling routes, other gyms and indoor workout facilities, swimming pools, etc. The design of these routes and their significance in the FitSpace plan is key to establishing the fabric (web / network) of FitSpace planning and becomes the context where Fitspaces reside. Your sport, your body, your space, your world...your life.

is Organized

The FitSpace Ideology can be adapted to any building. Perhaps the most important aspect of FitSpace design is that the space and spatial organization facilitate sport or desire to train. Typically our homes hinder our best efforts to get outside seamlessly to train and exercise. Our living spaces are just not set up or organized to support our active lifestyles. I've found that what many of us endurance athletes have in common are the same struggles of finding our gear typically strewn about in multiple rooms or wrestling with our bicycles sometimes stored in closets or the spare bedroom. Consider this; the water bottles are in the kitchen, the running shorts in the bedroom closet, the bike in the garage, the shoes in the mudroom, etc. I, for one, feel your pain.

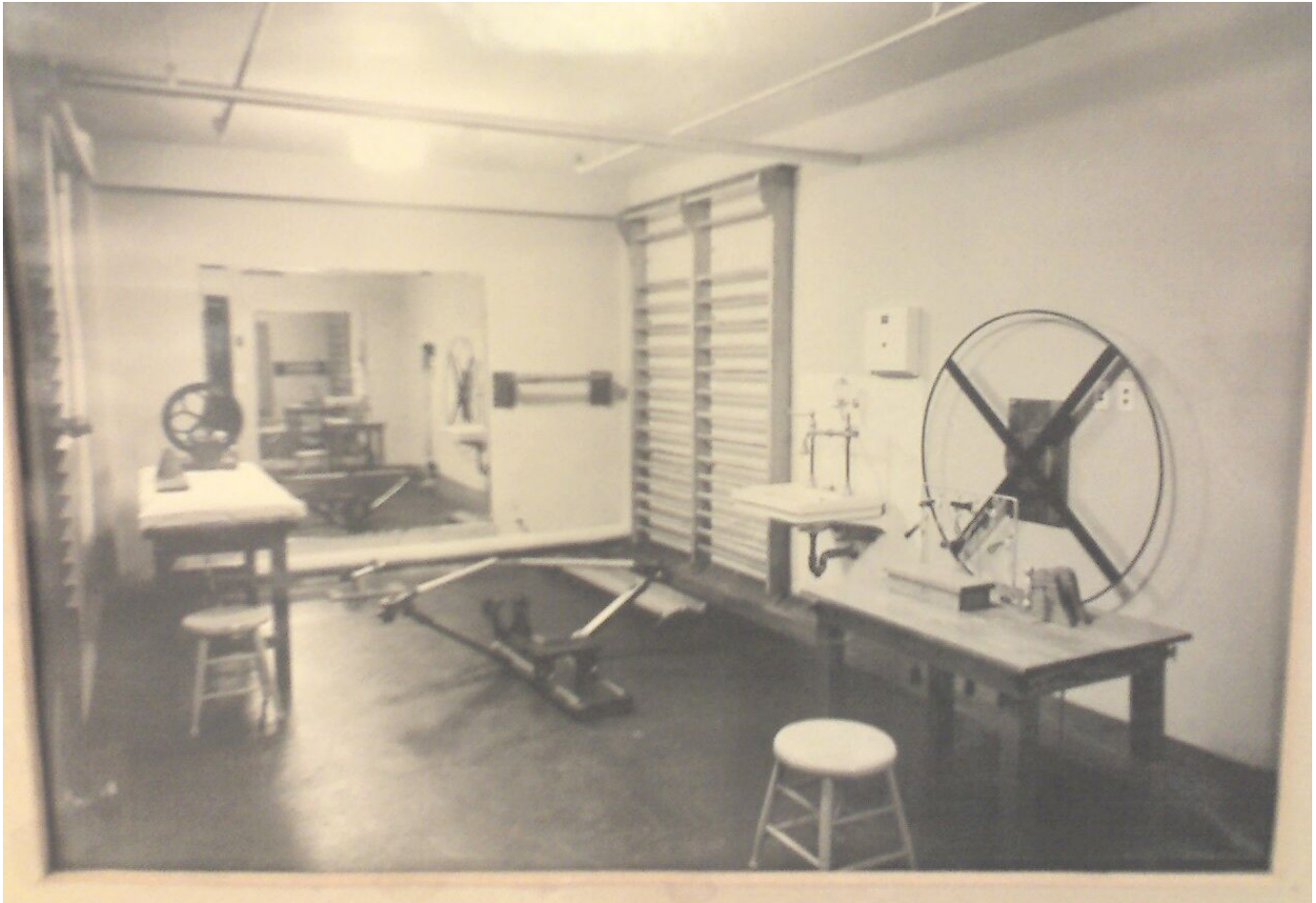
FitSpace design simplifies and even celebrates the process of multisport preparation, training and support. A well designed FitSpace utilizes circuits designed into the home to organize gear and preparation. These circuits each relating to a single sport, act as guides to facilitate smooth and fast transitions. These 'micro circuits' can be related to the macro circuits that make up the web the FitSpace context.

Displays your sport

An essential component of FitSpace is that it embrace your sport or interests and not try to hide them away. The aesthetic goal of FitSpace is to create interiors and exteriors which work harmoniously with the intentions of every occupant's way of life and sport of choice. The mountain biker may have three bikes stacked atop each other in the dinning room behind the dinning room table (not FitSpace). The FitSpace solution would be to locate and store the bikes to relate to the overall micro and macro circuitry tastefully displayed by adding to the overall aesthetic of the space. Thus, it is not enough to simply through the bikes up onto a rack but rather the bikes or 'machines' should be displayed in an appropriate and creative way. Imagine a wall where these bikes could be hung and incorporated into the larger space as a whole with lighting, fenestration, color and surface treatment. Are you with me?

Reinterprets the traditional living room

FitSpaces are playful and designed for action. They include the space you need to play, stretch out or get in the serious workout. In many cases a well designed space with a clear area of six by six feet is enough to do all three. FitSpaces give



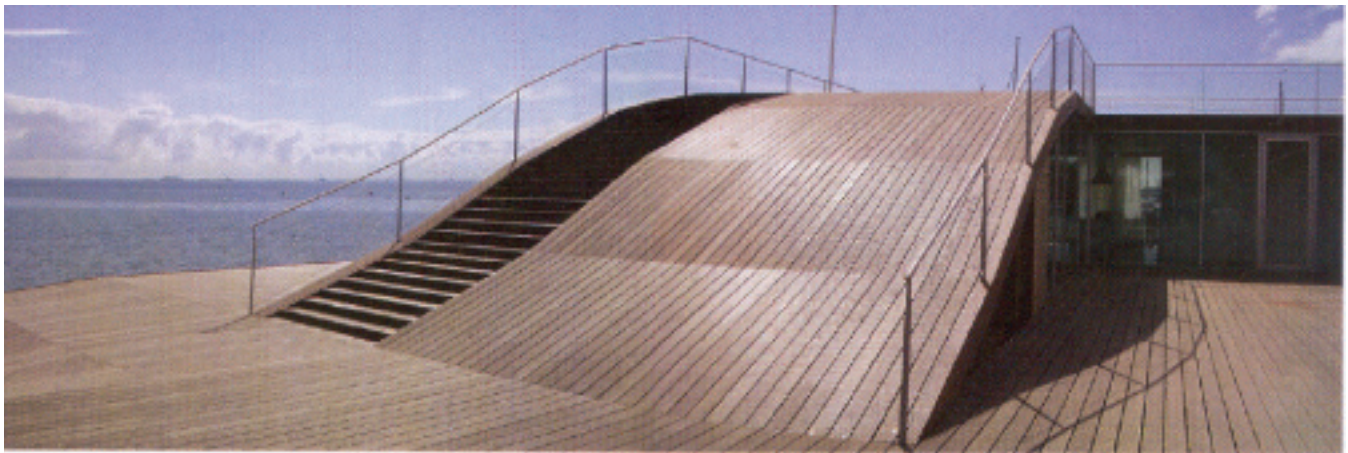
A clinical rehab room. FitSpace?

priority to action and allow one to focus on the bodies need to move, breathe, and sweat. FitSpaces may incorporate interesting surfaces, textures, and lighting, materials which can be sport specific (for example a climbing wall) and overall may add to the interior and exterior aesthetic. Yet one may visit a FitSpace, find it interesting but not realize the full impact and power of the intended use. “You mean I can climb on that wall? I thought it was just an interesting surface and material.”

Has style

FitSpace Style relates to the spiritual and philosophical idea of the body as it's relationship to a physical world. Fit Spaces encourage, inspire and facilitate kinetic motion. FitSpace Style attempts to capture this spirit.

FitSpace Vignettes



Following are sample “vignettes” illustrating concepts of FitSpace. These vignettes are not real places, rather they are created to illicit a reaction which might influence design of place that considers activity as a primary programming requirement.

Outdoor Rooms an extension of inside



A New Patio

FitSpace seeks to consider and utilize available space for outdoor activity and play. The 'outdoor' room is an essential component of FitSpace how ever configured for play, activity, or leisure. A strong connection to the outside roots our day to day dwelling experience with the natural world around us.

Reinterpreting Spaces and Adjacencies



The FitSpace “family room”

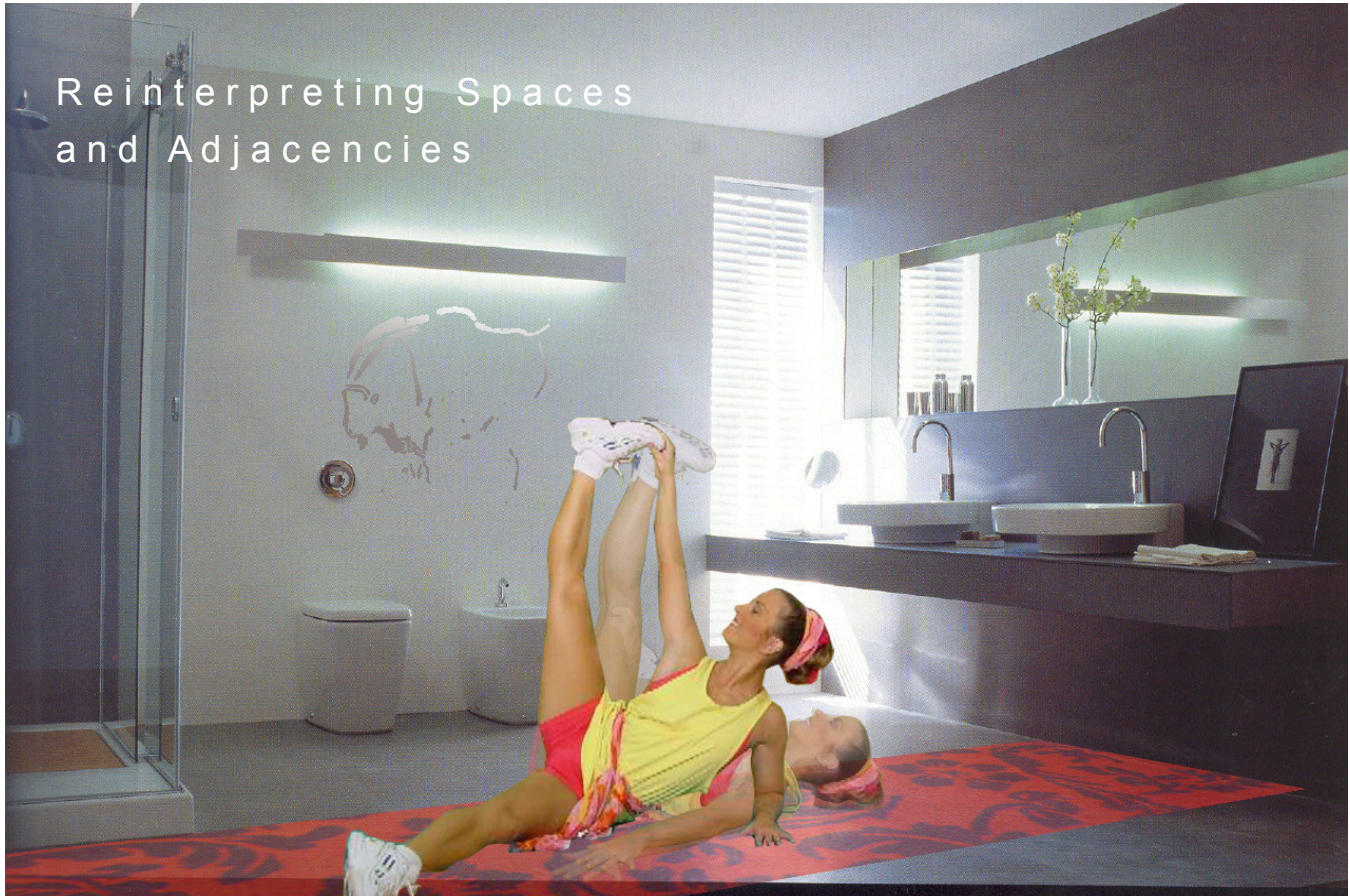
This vignette reconsiders the family room. It's reconfiguration allows greater activity than the typical square room. In this image, the long hallway plugs into other rooms of the home and allows for true multipurpose use. Storage space within the hallway provides a place for toys, equipment, furniture and more.

The lighting scheme of the home could be dynamically designed to provide hierarchy between spaces.

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Reinterpreting Spaces and Adjacencies



The FitSpace Bathroom - space of the body

If we consider home design from a fitness perspective, many of the individual rooms of the home are impacted by a new set of rules and a renewed relationship between body and space. The bathroom, perhaps, is impacted most dramatically.

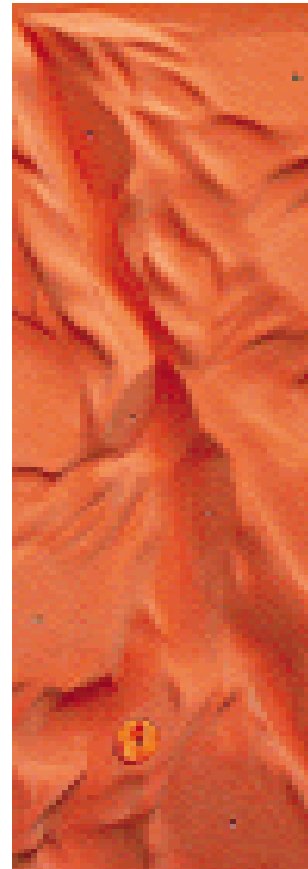
The bathroom is a unique space in the home which combines wet and dry environments. Bathrooms are rarely designed to be dwelling places often with the greatest concern for privacy. Bathrooms are an integral part of a healthy training routine and should be equipped to support athletes and thought of as rooms for dwelling, relaxation and leisure.



Surfaces

Materials for a real architecture

A surface's characteristics influence emotive responses from us and relate to our primitive desires to connect to our environment. As designers, we have a tremendous opportunity to connect with active individuals through surfaces. The following vignette utilizes two examples of this; one with the climbing wall, the other with the tactile wall of primitive hand prints.





Architecture as Container

Display of Sport



"Sport as Art"

The display of one's sport is an important component of FitSpace both for purposes of aesthetics and storage. The example on the following page shows how two kayaks could be suspended in a clearstory space. In addition, the paddles are arranged on the wall surface and a flotation device is displayed on an armature.



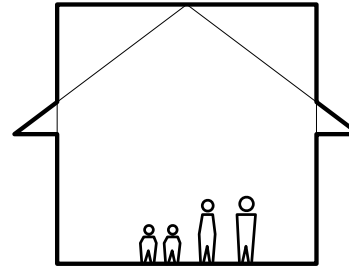
Incorporating FitSpace

FitSpace is a symbiotic process between space and body. If we bring fitness into our home how much of our home actually reflects our fit lifestyles? I have many friends who are endurance athletes and I'm always amazed at how little their homes reflect it. About the only thing you will find in common is a picture of their biggest, baddest race in some inconspicuous place. Beyond that, many aspects of the home do not reflect a life of active living, not even close. All of their 'equipment,' some of which is quite beautiful, is stored out of sight in the garage or basement. There's usually little to no space allocated for basic range of motion exercise. Finish selections such as flooring or carpet are unsympathetic to anything other than walking, and furniture is never selected on the basis of being multipurpose.

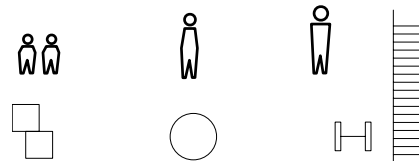
When I talk to people about FitSpace, I sometimes hear 'yeah, but I don't want my home to be a gym.' I certainly understand and agree, there's no need, we have the gym for that. The goal of FitSpace is to design a tasteful, aesthetically pleasing and dynamic space which starts with each individual's desire to be active.

The diagram 'Beginning with FitSpace' captures the process for creating a fit space which starts with each individual. A plan for increasing strength, flexibility and range of motion brings fitness into the home initially with the goal eventually to modify the home to facilitate greater activity.

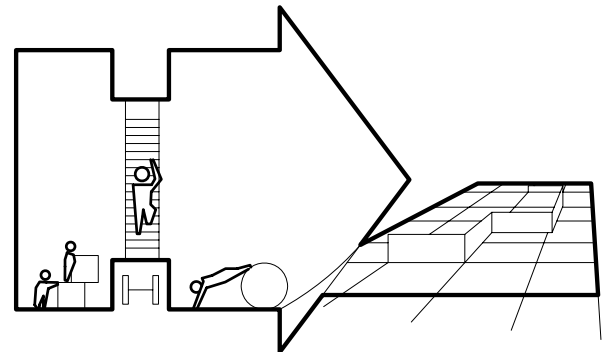
Diagram: Beginning with FitSpace



Step 1: Assess existing home and each individual's strength, flexibility and range of motion.



Step 2: Custom health and wellness plans for each individual to increase fitness and increase activity



Step 3: Utilizing FitSpace strategies for adapting home to increased activity + plugging into the home's context

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Incorporating FitSpace

From our Earlier examples, most of us do not have homes with kayaks hanging from our ceiling or a bike / run track in our living room. There are important and specialized workouts that we can do from home and office to maintain a healthy balance of strength and flexibility. Research has shown that shorter more frequent periods of strength training can be more beneficial than longer training sessions. For example, three short 15 minute periods of exercise, three times daily can produce more benefit than a single period of 45 minutes. Based on this principle, we can design strength and flexibility training that may fit into one's daily schedule in a more seamless way than traveling to a gym to exercise. Through functional training and a strategic design of one's spatial resources, we can produce benefits greater than that of the gym especially for those with limited time.

To me, FitSpace encompasses how I've arranged my time and spatial resources in my home / office and how my home relates to the context in which I live.

A successful FitSpace design must incorporate a plan for an individual's goals for increased fitness, health and wellness. The plan, simply stated, is a breakdown of steps or exercises which in cumulative lead to accomplishing a life goal or to a greater quality of life. This works for everything from completing an Ironman Triathlon to doing a handstand.



15 Channel Center Street in Boston was our first FitSpace reflective of our multisport lifestyle



Incorporating FitSpace

A handstand as a fitness goal could be a unique opportunity to improve strength, balance and flexibility. It could be broken down into a series of exercises that would build the required strength and help to develop the necessary balance (two of which are shown to the right). Each of these exercises have a space and time requirement. The pushup requires a flat floor / ground space that is ideally about 6x8'. Surprisingly, many of our homes do not have this kind of floor space available because we are not conditioned to think of 'empty' floor space as a need. In our existing homes we're most apt to find this space where circulation in the home is greatest, such as the kitchen or a hallway.

The handstand is an achievable goal that could supplement any existing training plan with little additional work (30 additional minutes / week). These exercises could be absorbed by one's living space in a way that makes them accessible while not becoming obtrusive. In fact, these exercises (or the requirements thereof) may add to a room(s) in an interesting way.

The shoulder raise also has a spatial requirement but uses less space than a pushup. It does require, however, equipment such as a set of dumbbells. This equipment must be stored when not in use.

Most of us have our routines; how we prepare for work, what we do for lunch, much of our job is scheduled and routine, our commute, etc. These exercises are designed to become part of your routine to help you meet a specific goal; the handstand. Simply your body will adapt to whatever work you give it.

Based on the handstand as a fitness goal, I've created little 3x3" framed pictures of the exercises needed to develop strength and balance for a handstand. These framed images are positioned in places where I've the spatial resources to perform each exercise. They serve as subtle reminders, called "triggers," and are the beginning of the transformation of space to FitSpace.



The Goal: Hand Stand



Shoulder Raise and Pushup;
Two of five exercises designed to build strength for performing a hand stand.

The Hula Hoop: a case study

I've seen all kinds of things on the walls of peoples homes; the typical portraits, paintings and photos, tapestries, mirrors, clocks, and artifacts including a tortoise shell over a fireplace mantle.

It's important to remember that FitSpaces are the places that we 'dwell' rather than a gym or health club. They are designed to allow us to live our life while affecting positive change in our physical and mental well being. FitSpaces are playful and fun places to be; the Hula Hoop may be a great addition.

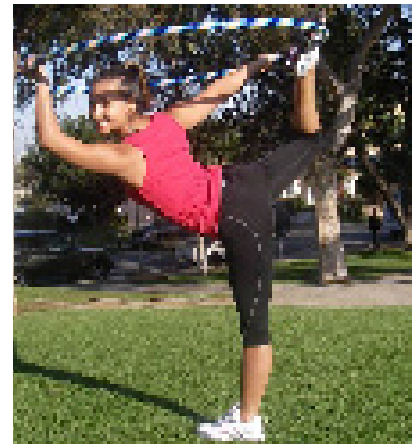
I can imagine an 'artful' wall display which might be cause for visitors to comment. Such imagining includes an assorted array of monochromatic hoops suspended from a wall surface and lit to provide interesting shadows on the wall behind. And perhaps the 'installation' may engage me in a kind of three dimensional dance of sorts, I mean after all, they're Hula Hoops. It may be possible with hoops to contribute to an active living space while enhancing the aesthetics of a surface or decoration of a room. This is the intent of FitSpace design.

Case Study

The Pull-up

On a recent site visit with a client I noticed a pull-up bar in the foyer entryway. We began discussing the bar and how the entire family uses it. The previous year, the family's children were strength tested in their school. Kevin, their 12 year old son is a relatively fit boy. In fact, at the time of testing he had just received his black belt in Karate. However, he was only able to produce one pull-up. Being a bit embarrassed by this, he convinced his parents to buy a pull up bar. "He can't walk by it without doing a pull up. This year he completed 11 pullups, the most pull-ups of his class, and was the only 5th grader to go all the way up the pegboard, across the top and back down the other side."

Because of Kevin's example, the whole family uses the bar and has benefited from its placement in the home.



The hula-hoop is more than a toy, it's an exercise movement.



Painter Ian Thomas

Incorporating FitSpace

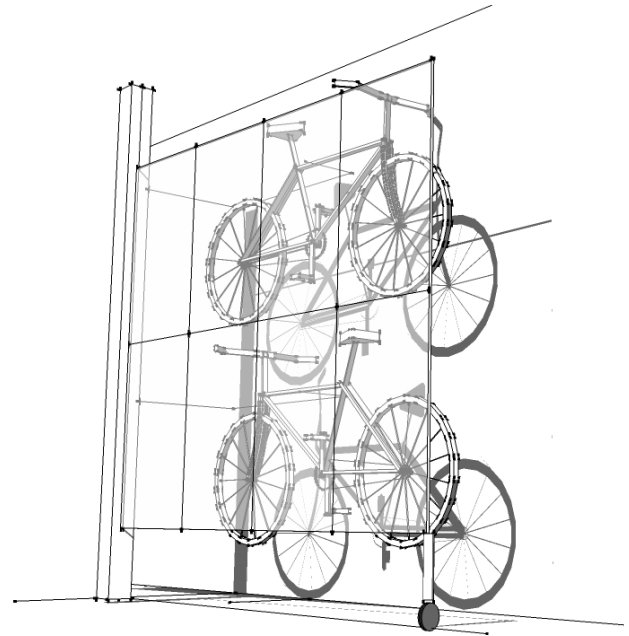
The bicycle as art and on display.



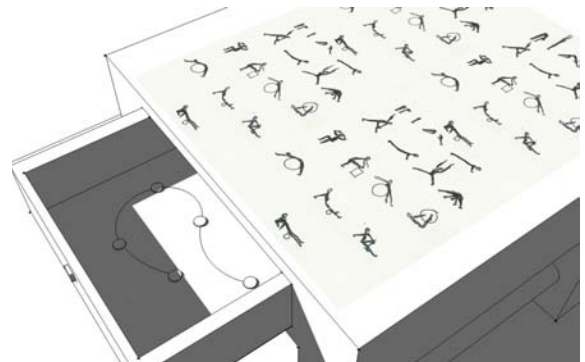
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The bicycle as art and on display is veiled with a screen that may be lit to show the silhouette of the bicycle when concealed.



The 'Two Minute' table reminds us to be active.



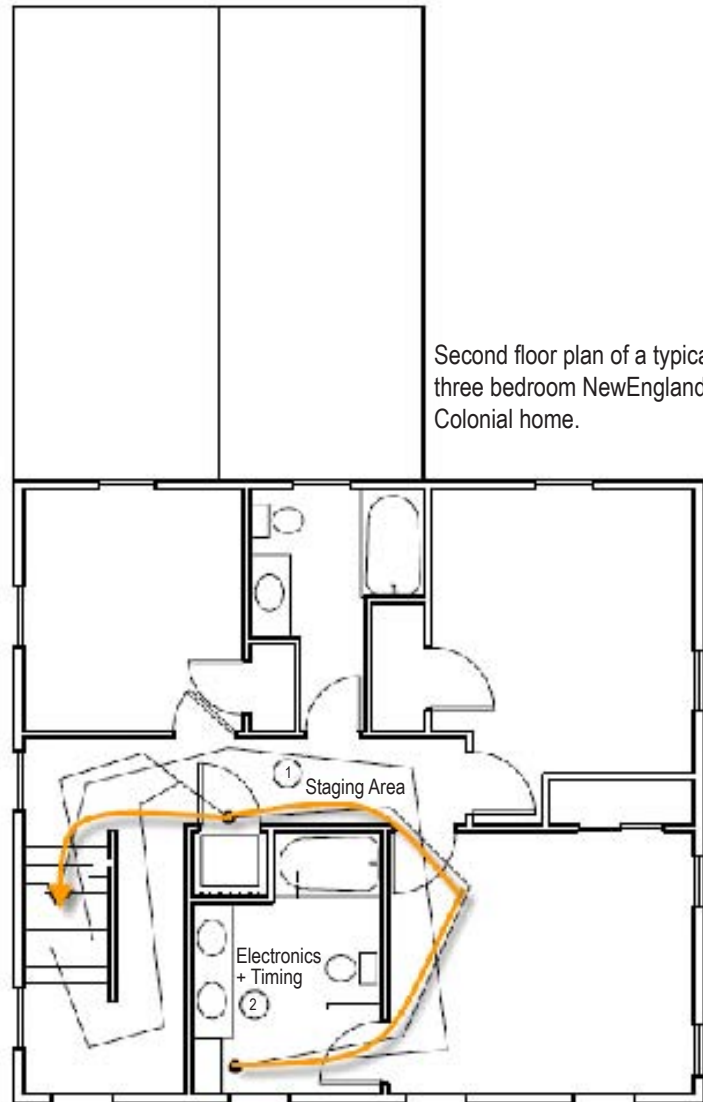
FitSpace Circuits

FitSpace circuits are pre-designed routes that are intended to simplify the process of training and organizing. 'Macro circuits' relate to the context in which we may live, such as running and riding routes. These predetermined routes allow us to follow patterns in our environment, patterns that may be familiar or keep us from getting lost. These patterns may also keep us safe, i.e. off of busy roadways and focus on our the best assets around us.

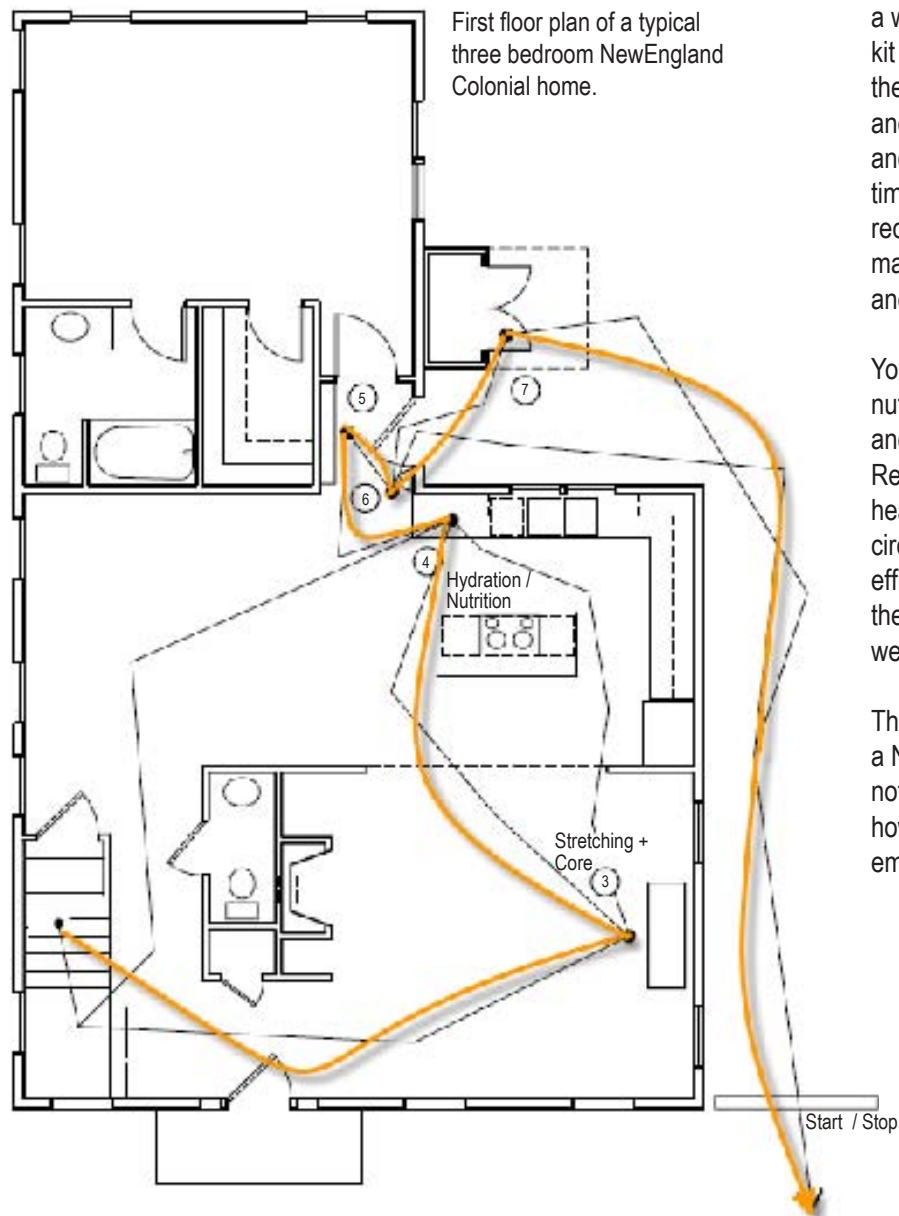
Micro circuits function much the same way but are designed in the home to simplify and streamline training and organization. We may, for instance, provide a circuit for each of our sports. This is a path of travel through the home, garage, wherever that is designed to get us out the door efficiently.

I'll describe what I might think of as the perfect 'circuit' for the bike for a suburban residential home that might have some good road riding right from the 'back door.' Imagine that you've just completed your long ride on a warm Saturday afternoon. There is a narrow but smooth 'walkway' that allows you to ride to your rear yard where you dismount your bike. There is a small addition on your home that serves as bike and equipment storage. After storing your bike, helmet and shoes you stretch out on the lawn or on the deck.

After stretching and having a cold drink, you step into an outdoor shower to enjoy a cool rinse. The shower enclosure is stocked with clean towels, soap



Second floor plan of a typical three bedroom NewEngland Colonial home.



and shampoo. After your shower you enter your home through a nearby door into the mudroom. The mudroom has a washer and dryer where your cycling kit is recycled. There are cubbies in the mudroom that store some clothing and your outdoor gear including running and cycling. Also in the mudroom is the timing station where electronics can be recharged (GPS, Powermeter, etc). This may be where your HR monitor is cleaned and stored.

Your last stop is the kitchen where your nutrition and water bottles are recycled and stored. This completes the circuit. Reverse the process (save shower) to head out on the bike. As always with circuits, the challenge becomes to be as efficient as possible so why not include the split time in your training log as if it were a transition (T1, T2 etc.).

The image (left) is a floor plan typical of a New England home. The home was not designed with active living in mind, however, circuits for organization can be employed.

Micro Circuits

We design circuits (bike, run, gym, functional training, yoga, swim, etc) to influence the overall layout of our homes and to make them functional and supportive of our active lifestyles. Just as in the case of the macro, the micro circuits keep us from 'getting lost' in our own homes. I'm sure that you know the feeling. If you think about your sport(s) and the requirements of prep and equipment storage you can begin to design circuits in your own home. Here are some additional tips:

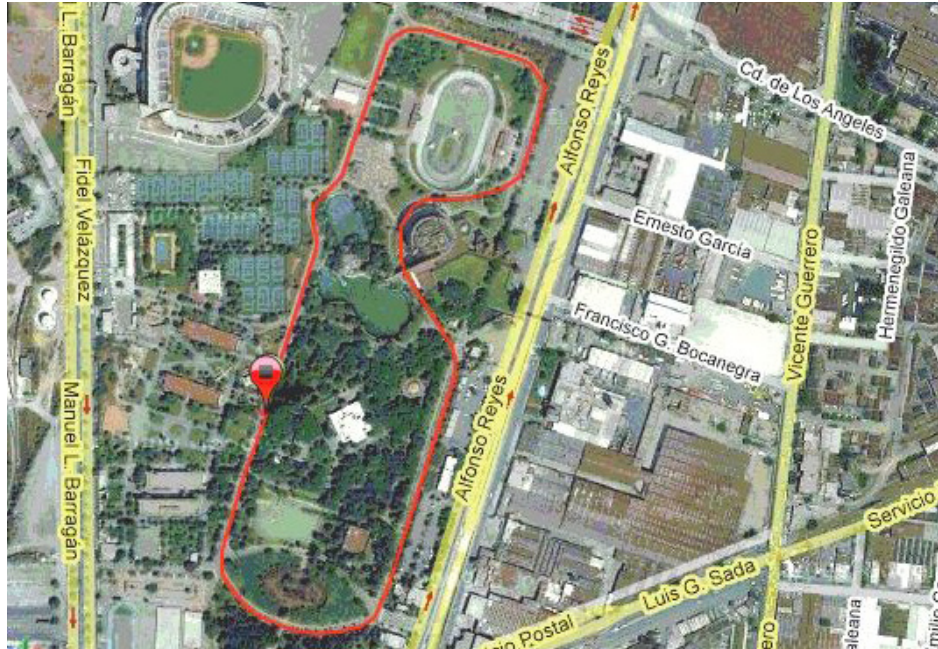
When possible try to combined stations on your circuits for efficiency. For example, we often use our computer to check the weather before going for a run but recently we've installed a 'weather station' which gives us real time readings of temp, wind and humidity in the location where we store our clothing.

Try to eliminate dead ends in your circuits. For example, if you have to go through your kitchen, dining room and living room to get to your bedroom where you store your helmet, it's probably not the best place to store your helmet. Storing your gear in a place that's accessible from multiple points of entry makes it quicker to retrieve.

Lastly, think of your circuits as a progression or map that you follow. It's an 'out-and-back' route, so what works in one direction (outgoing) must also work in the other (incoming). Following this map will automatically recycle your gear with minimal effort and time allowing you to focus on more important things

Context

The FitSpace Campus



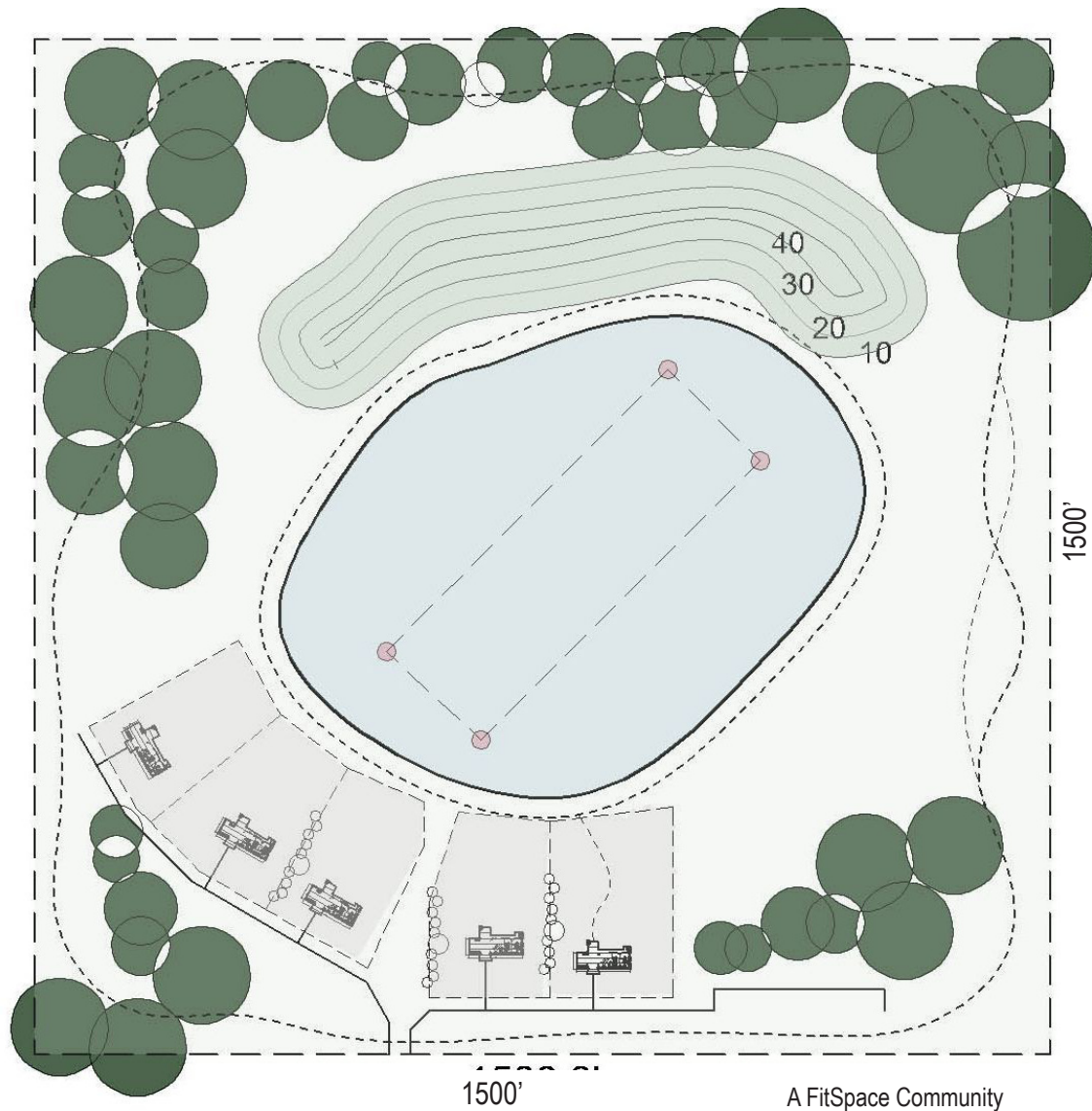
The Deca Ironman is quite possibly the toughest endurance race on the planet. It's literally Ironman times 10 consisting of a 24 mile swim, 1120 miles on the bike and 262 miles of running. And what's most remarkable, it's all done on a short course: the swim is in a pool (that's over 12 hours of swimming), and the run + bike is on a 1.2 mile loop (pictured above). Of course the contained course allows for excellent supervision under extreme circumstances with 24 hour race support. Competitors will spend more than 8 days on this course as they swim, bike and run to the finish line.



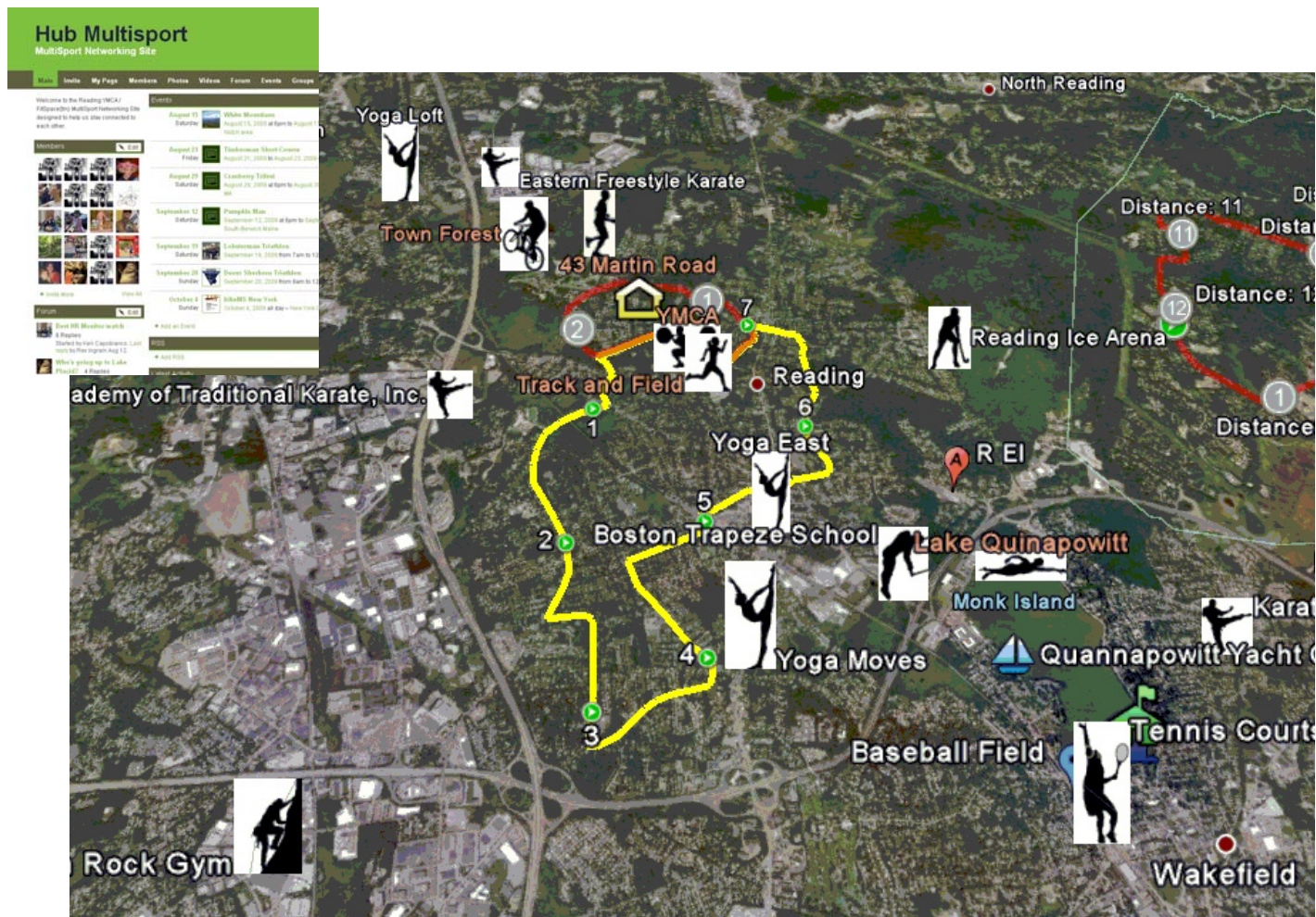
Deca Ironman; toughest endurance race on the planet?

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The Deca is the inspiration for the above plan of what could be a FitSpace community. Five homes share a 1500 foot square land area with a bike and run trail around its perimeter. The path is one mile long and crosses a private drive in one location. This provides safe summer and winter training opportunities for entire families. Ideally, this community would also have greater access to excellent recreational activities in the region.



Reading, MA FitSpace Campus

You may not live in the ideal FitSpace community, however, many of us live in great locations for activity and training. The image above utilizes google earth to map many local resources. There are running loops, road and mountain biking courses, ice skating, rock climbing, yoga and martial arts training, outdoor and indoor swimming and more.

The FitSpace campus above is in Reading, MA. Reading is not unlike many towns in New England which, when tallied as above, have a tremendous amount of training and activity opportunities. The campus map is interactive and can be downloaded to your own computer. Each symbol is linked to information about that activity, such as schedules and web sites. Running and cycling courses can be followed and even downloaded to GPS.

Each community has members which contribute to the maintenance and growth of the campus, adding routes, routines, new information, etc. Members also can post invitations to others to be joined for workouts, challenges, races and adventures. This has given a voice to many individuals looking for a way to connect to others through fitness and activity.

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References

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www.FitspacePADS.blogspot.com

www.Fitspace.wordpress.com

Websites by Rex Ingram

www.scoobysworkshop.com

True advocate for FitSpace concepts. Body builder works out from his home and shows how effective it can be.

Core Performance, Mark Verstegen

"The revolutionary workout program to transform your body and your life."

Campus

Google Earth

Google earth is perfectly suited to the idea of creating a FitSpace campus. Utilizing this sophisticated software anyone can add components to a map and save it as a unique file. These files can be shared with other users to be cross pollinated. Also, data from your own GPS device or from MapMyRun can be uploaded.

www.mapmyride.com

www.runningahead.com/maps

Two great websites for mapping running, riding, walking, kayaking, almost any kind of route. Use it to measure distance or find great local rides or runs. Download data to your own GPS device.

<http://trails.mtbr.com/>

Great resource for finding offroad riding and running areas around the country. In MA alone, this site lists 229 offroad mountainbike trails with rider reviews and pictures. All of my favorite ones are there.

www.CRW.org

Charles River Wheelmen

Great site for finding local club rides that are well marked and traveled routes for bicycles.

www.Active.com

Site for finding races or events to set and meet performance based goals.

www.ymultisport.ning.com

Member based website for networking with others (currently Reading Campus) for upcoming events and workout opportunities.

Goals for Creating New Workouts:

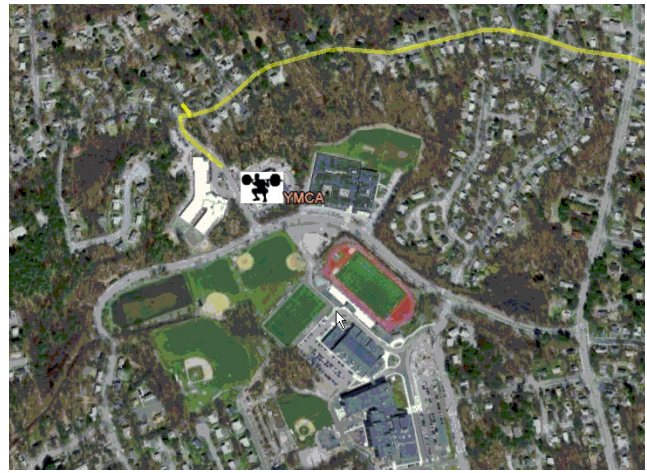
1. Look to utilize available resources such as spaces / time / equipment / and surfaces.
2. As a baseline; utilize area of expertise or specialization of knowledge.
3. Incorporate area of weakness or areas needing improvement.
4. Incorporate strength / speed.
5. Incorporate cardio period working at max aerobic (for fit people) / sub AT (anaerobic threshold). OK to average (i.e. intervals).
6. Make it challenging + make it flow
7. Make it fun.

The two FitSpace context maps below have very different resources available, both with barriers and unique opportunities. Salem and Reading MA are separated by about 14 miles. Reading is a more suburban context with immediate access to long flat riding on relatively quiet roads by New England standards. The Reading high school and YMCA facility are a tremendous resource and asset for many fine workout opportunities. In addition the town forest and Harold Parker state park are near by for trail running and mountain bike riding.

Salem Ma by comparison is somewhat confined and considerably denser and populated. The riding is more difficult due to road conditions and traffic. Running routes are also more limited. However, there are many unique opportunities to be active. Salem has direct access to the ocean which is a popular kayaking spot. In addition, Marblehead (nearby) has rolling terrain and is well suited to hill running. The Marblehead YMCA has several swimming pools and a rock climbing wall. Salem has a central common which is a hot spot for activity and one can often find football, basketball, ultimate frisbee, etc. There is also a large parking garage which would lend itself well to agility training in a cold New England climate.



Reading, MA FitSpace Campus



Reading, MA FitSpace Campus

FitSpace

A new design concept for living active

The Prototype House

Dogtrot



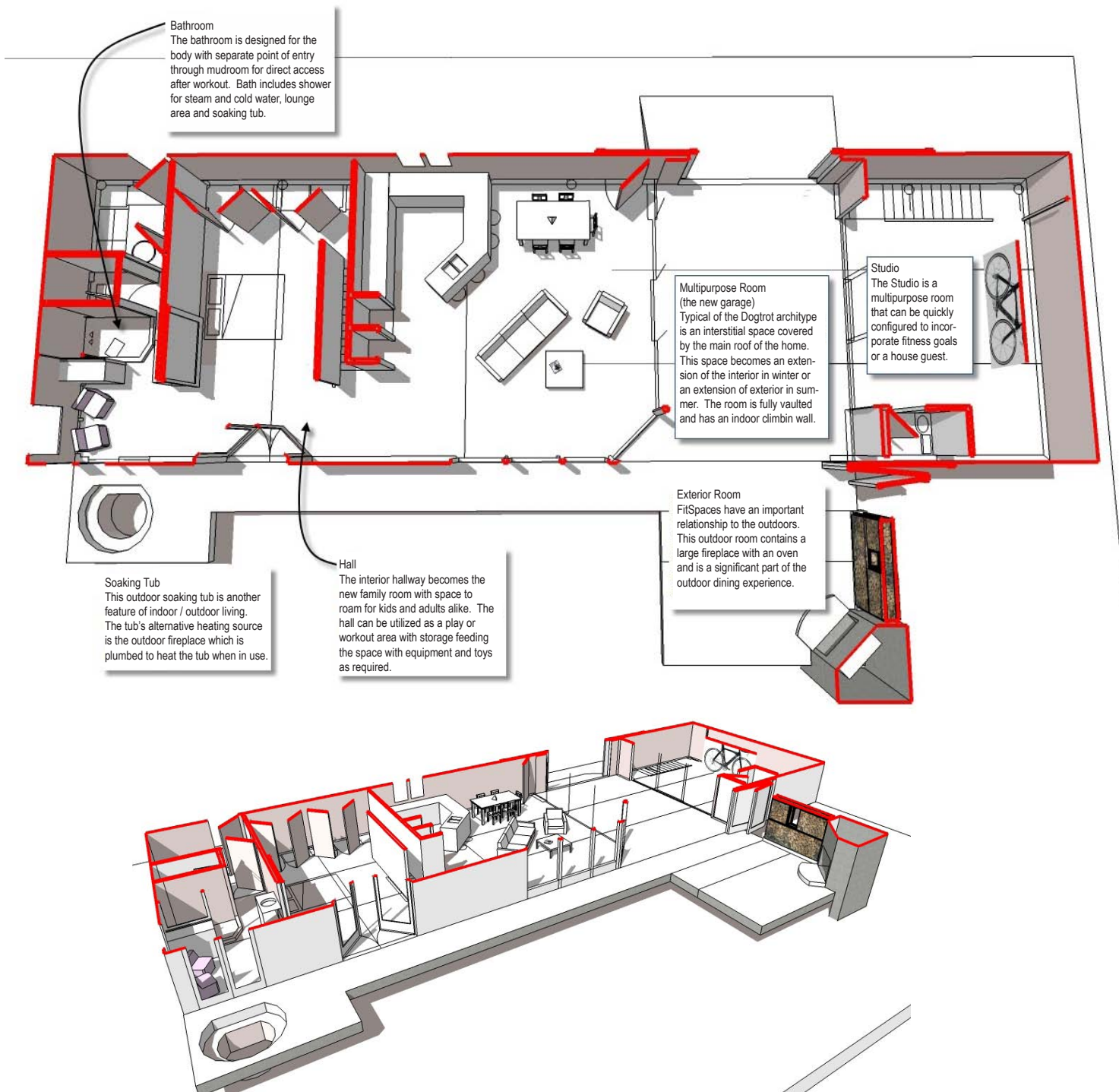
The Prototype House is a simple structure of about 3000s.f. including two floors. It is modeled after the 'dogtrot' archetype which could be defined as 'a covered passageway between two parts of a building.' This creates an ambiguous indoor / outdoor space which suits a FitSpace house very well.



Prototype house: Dogtrot

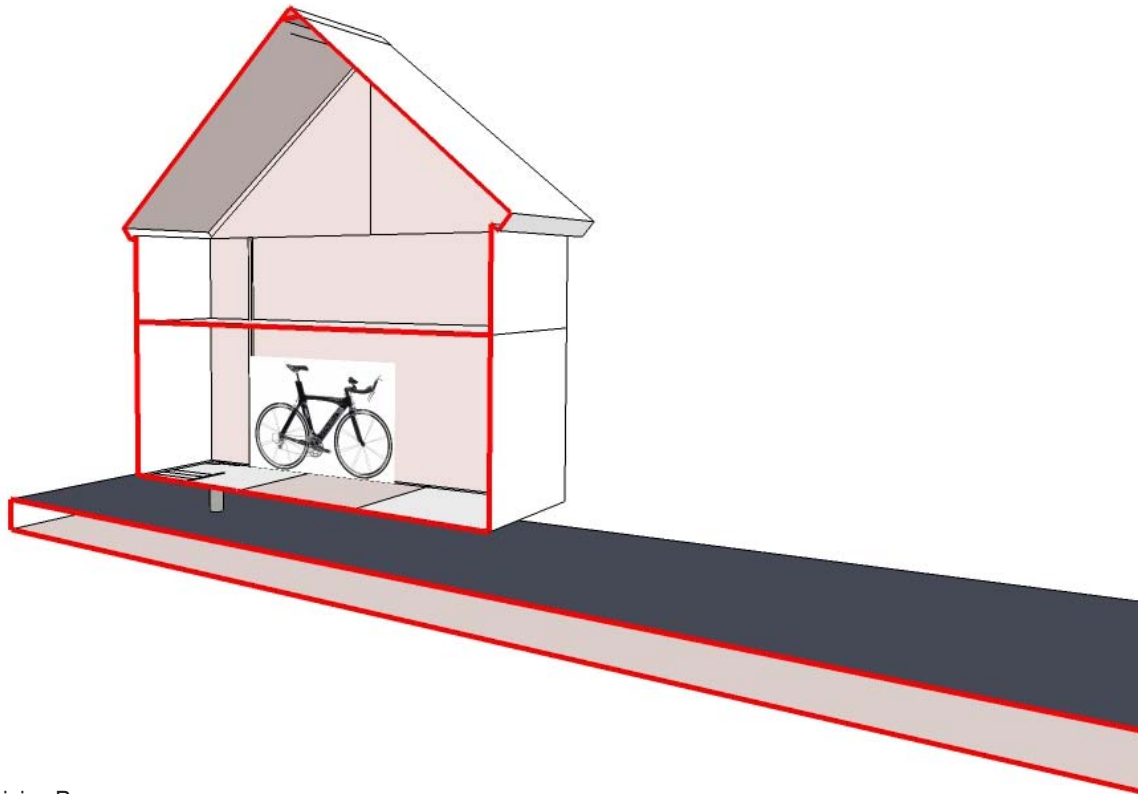


The prototype house includes 'ambiguous' space which is part inside and part outside. In this image a bed is shown on the outdoor deck near the large fireplace which implies outdoor living.



The Prototype House

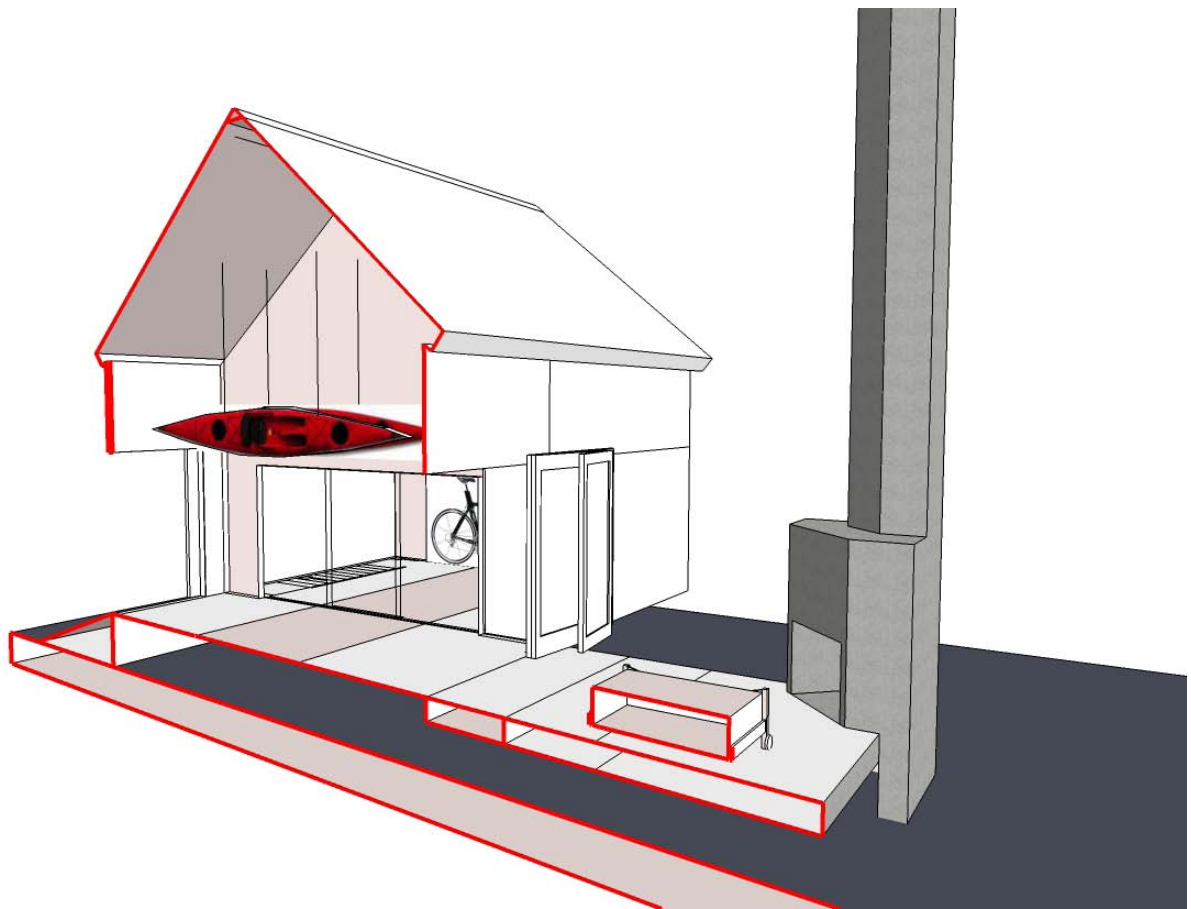
Dogtrot



Section through Training Room

FitSpace

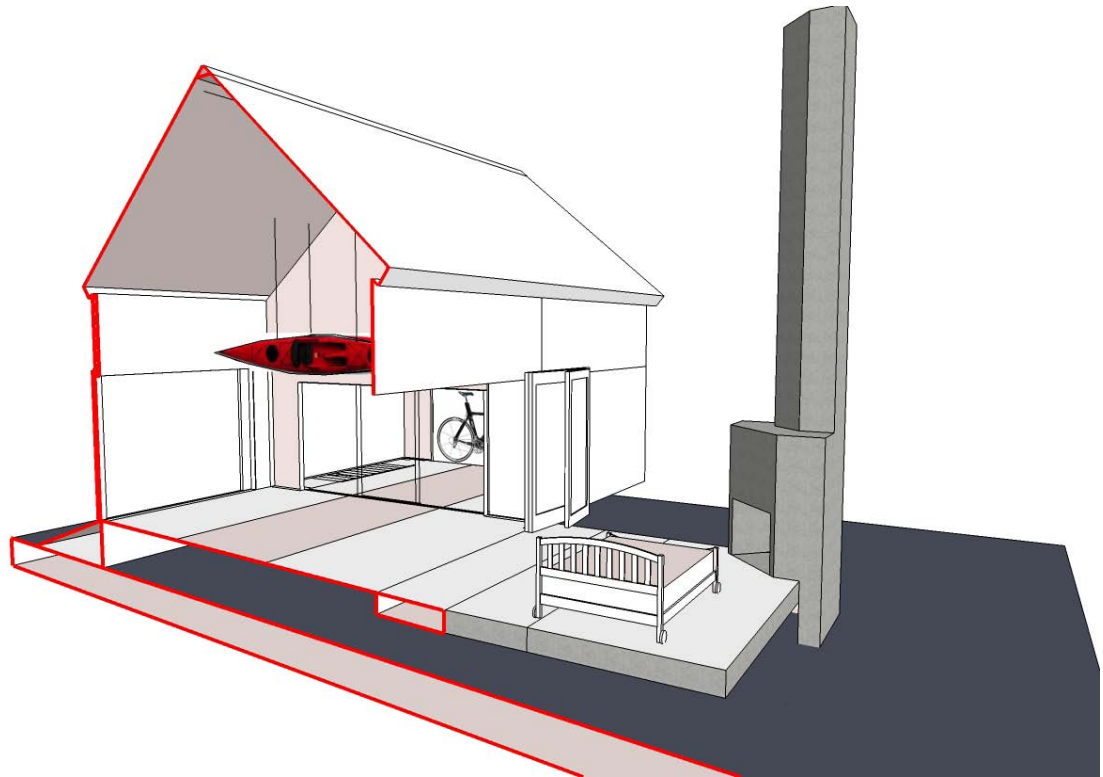
A new design concept for living active



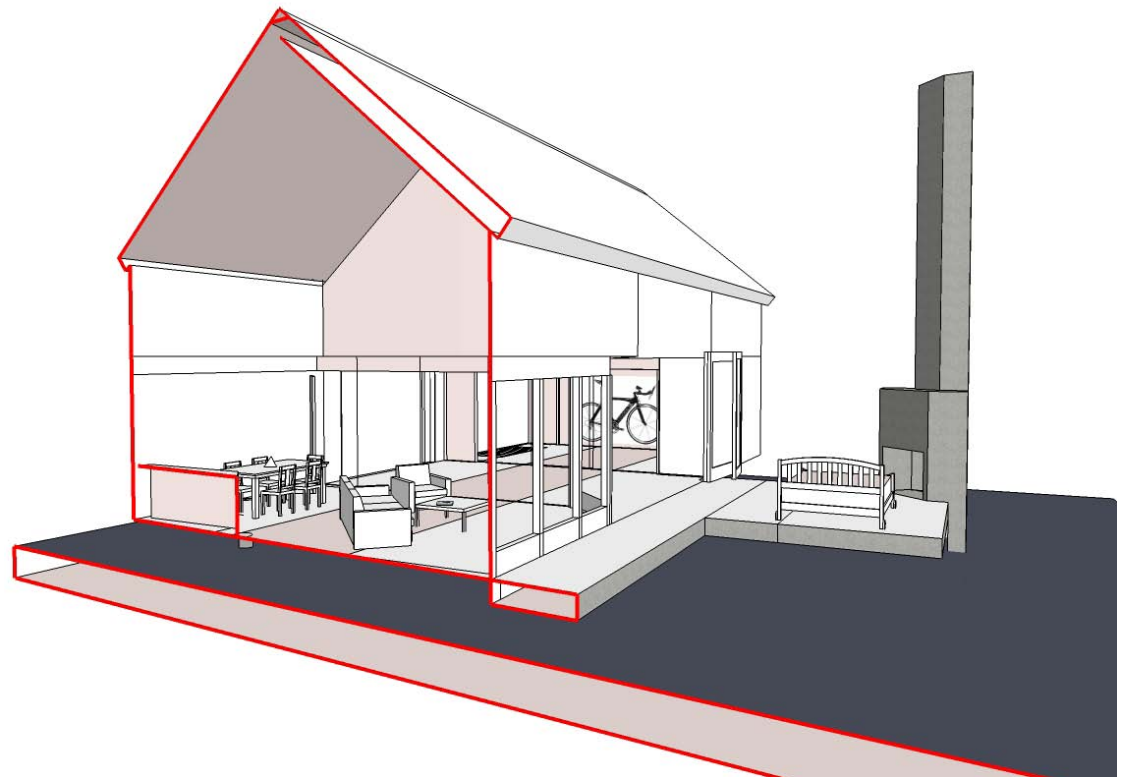
Section through Multipurpose and outdoor room

The Prototype House

Dogtrot



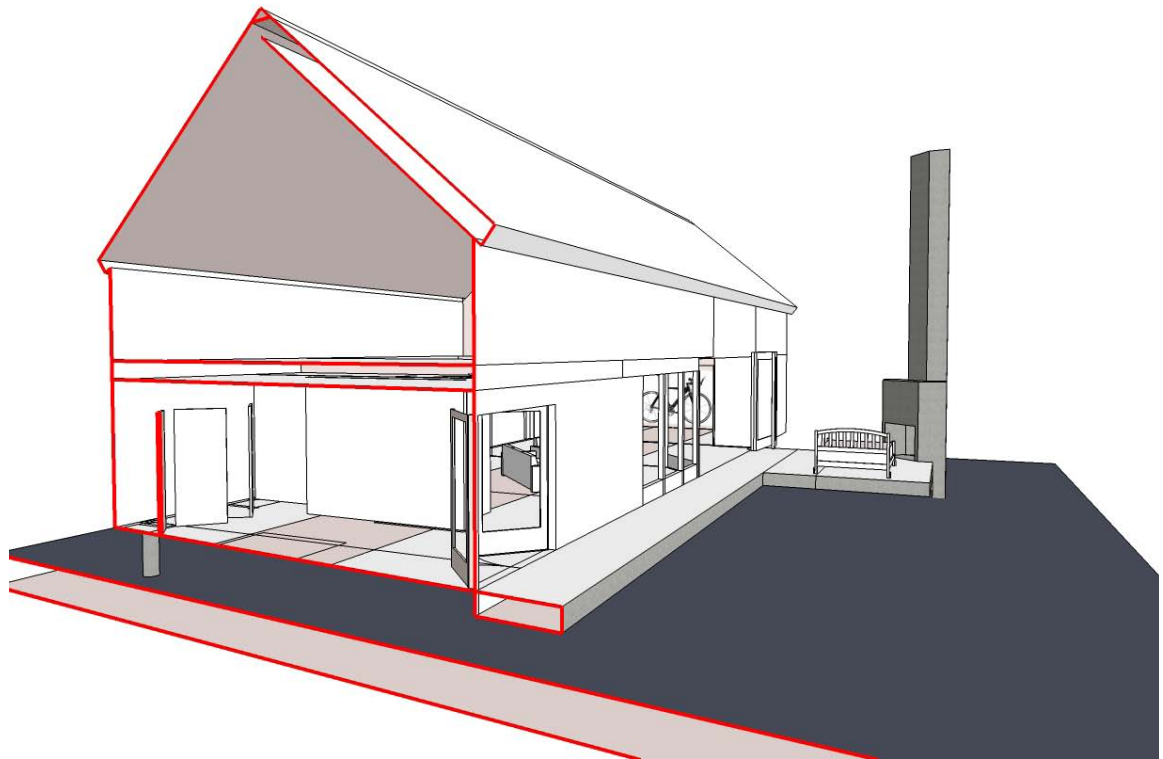
Section two through Multipurpose and outdoor room



Section through livingroom

The Prototype House

Dogtrot



Section through bedroom and loft



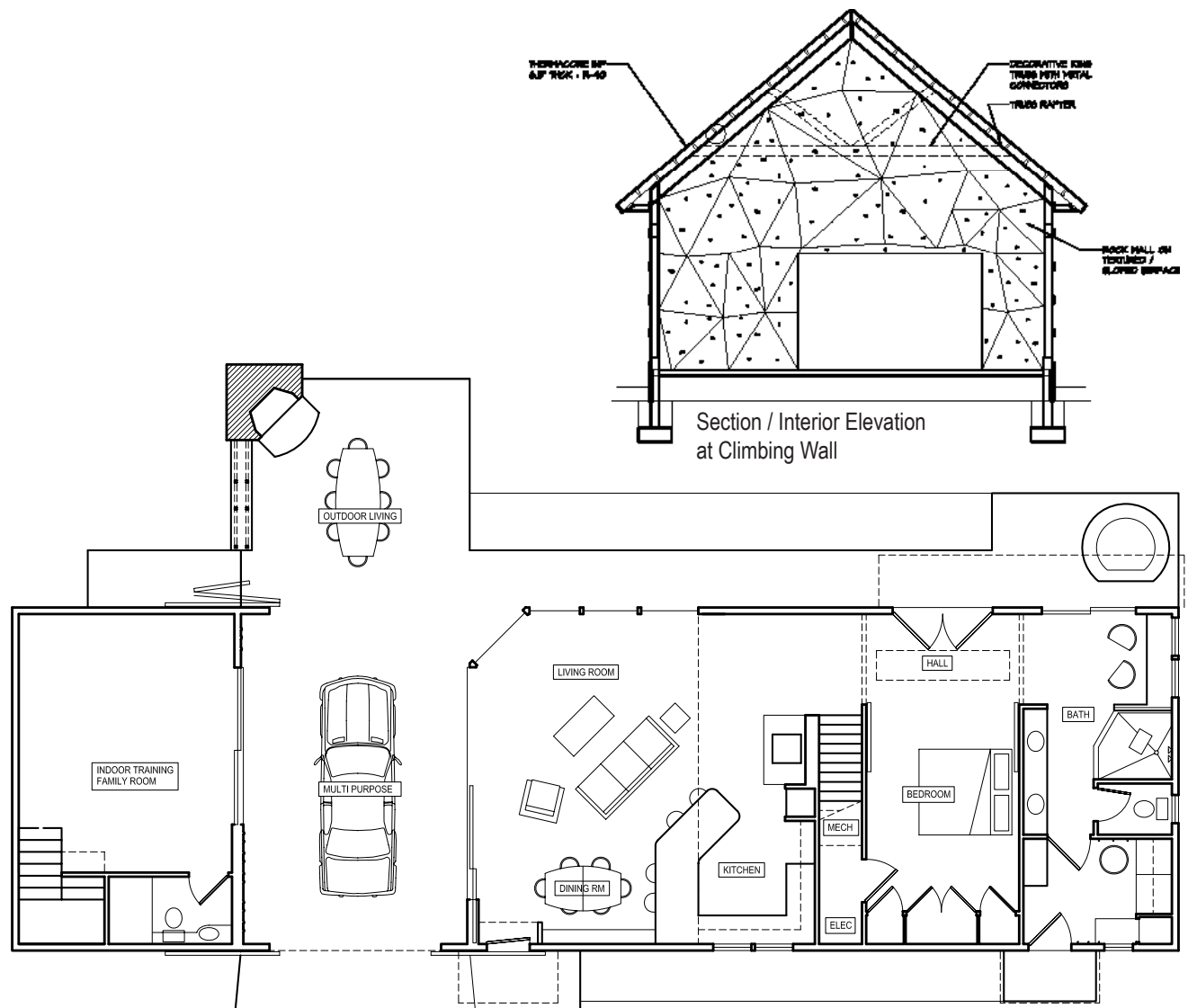
Section throught Spa Room (Bathroom)

Prototype House



FitSpace

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First Floor Plan of Prototype "Dogtrot" house

Prototype House Pool Shack

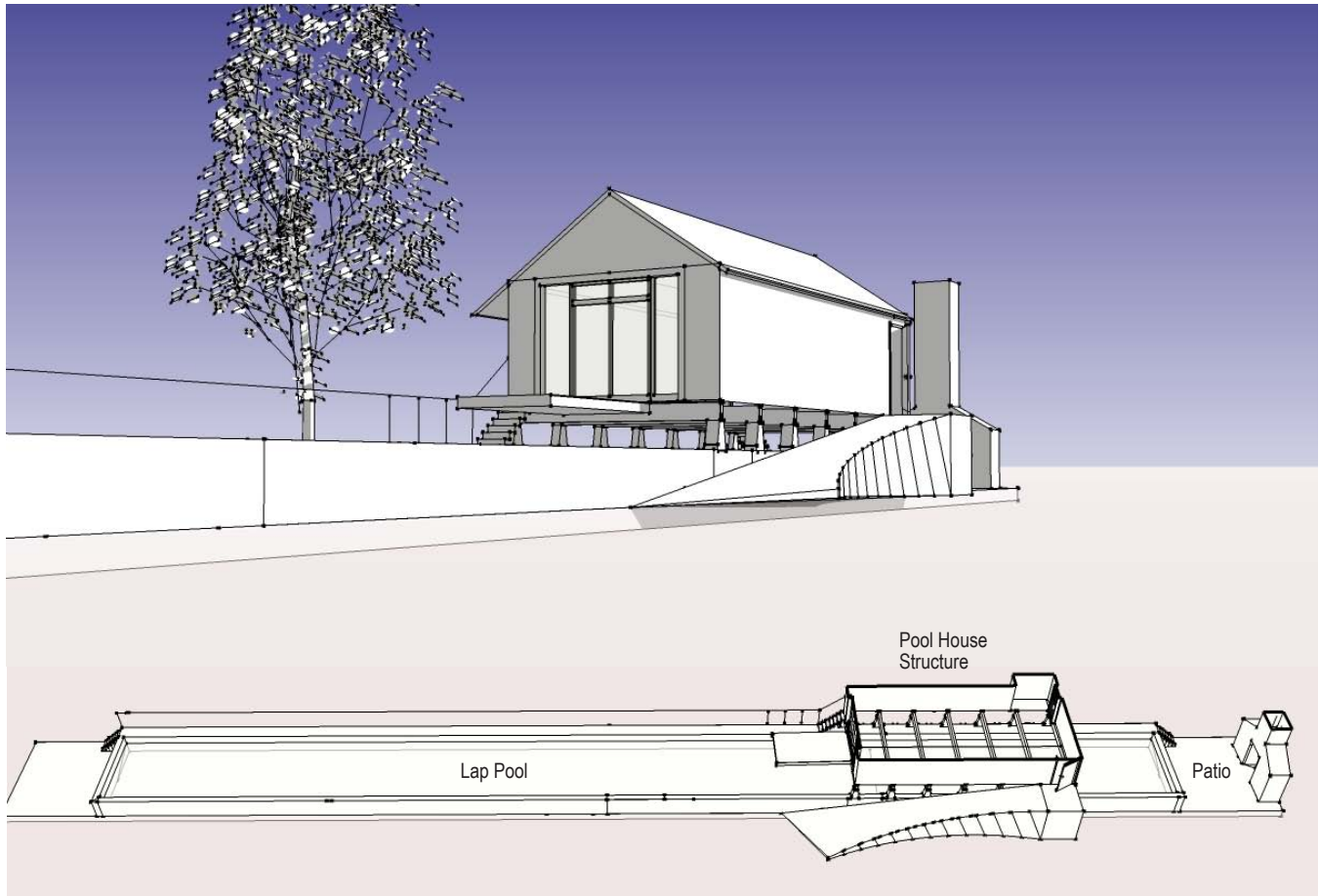


The Pool Shack is a playful structure that incorporates a 'lap pool' into its foundation. It can be built into the ground or as an above ground structure (as shown). The shack is set up as a small guest cottage with a bath and kitchenette. The pool is heated through passive solar radiation. A rear patio has a large masonry fireplace which is also an alternative heat source for the pool. The bottom of the shack is finished like an exterior ceiling with panels (such as coffering, etc) and down lighting would illuminate the pool.

FitSpace

A new design concept for living active

4. Prototype Pool House



Views of Pool Shack

2. Sustainable Design

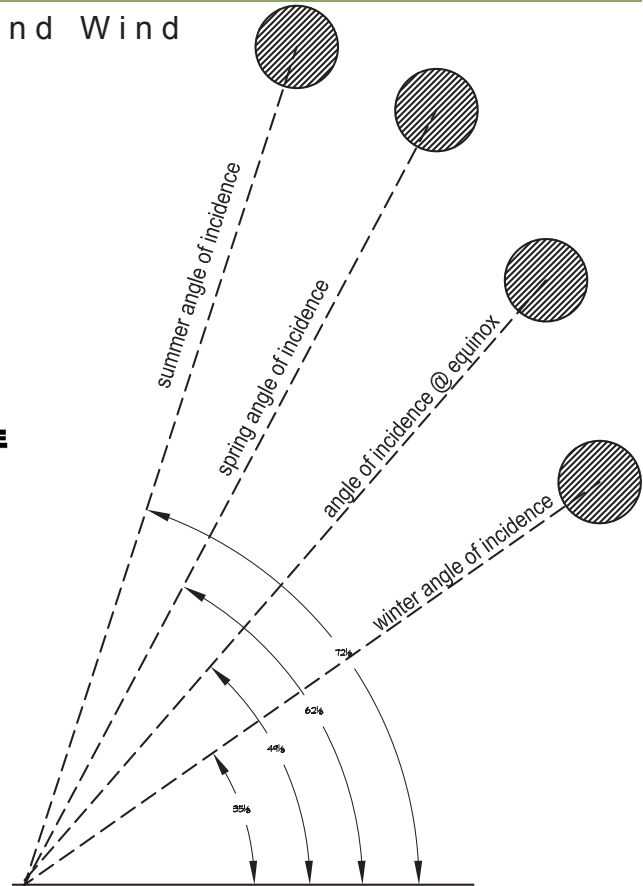
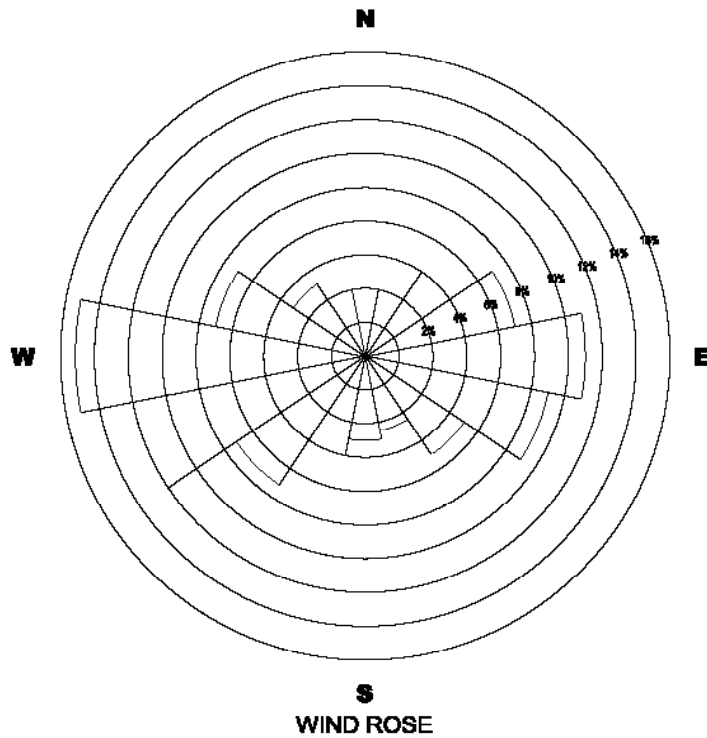


FitSpace is committed to developing design strategies that are sustainable and contribute to the vision of healthy living.

The following pages are the beginnings for a workable green building / design process which will support the FitSpace methodology. The sample projects were designed specifically to illustrate sustainable concepts and technologies.

Sustainable Design

Passive Design Methods: Sun and Wind



Orientation – sun and wind

Solar Gain – mass wall, trombe walls, water walls, green roofs

Ideally, buildings should be linear and aerodynamic in shape, enhancing the winds path along its north and south facades. This helps negate the pressure along the edges of the leeward sides. The negative pressure will assist in creating a suction affect, improving the induced ventilation system and pulling cool breezes into the structure.

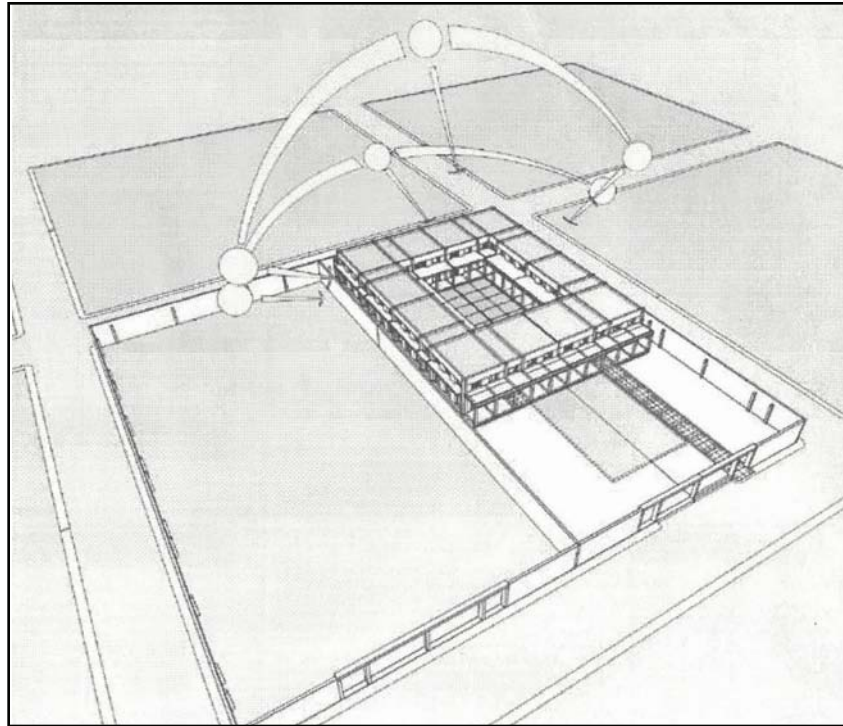
Sustainable Design

Passive Design Methods: Thermal Heat Storage

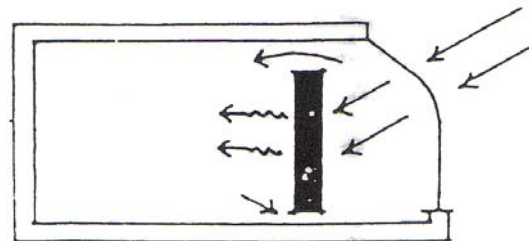


FitSpace

A new design concept for living active



Thermal wall mass – thermal stabilizer
 Ventilation – natural and convective
 Material use – conductive materials, insulation
 Landscaping – evaporative cooling mechanism



Thermal mass is very important to a building's ability to maintain a consistent interior thermal temperature. The thermal mass of a wall can act as a heat sink, convectively absorbing heat from the interior or exterior spaces. Landscaping is also important in assisting the microclimate around a building. The use of plantings and grown cover can help to block solar reflected heat. They can also help to absorb excess heat lowering the prevalent temperature in areas adjacent to walls, windows, and doors. These masses require masonry materials at fair thickness to generate the desired effect. Rammed earth, Concrete, Stone, and Brick are a few of the most common forms.