

# FitNation

## Towards a Fit Nation

Architecture is now part of the national discussion on the obesity and chronic disease epidemic in the United States. Through active design, practical changes to our cities, towns and neighborhoods can encourage physical activity as a part of everyday life, establish healthier routines, and promote exemplary design.

FitNation highlights strategies that make the built environment more conducive to healthier lifestyles. Locating stairs for visibility or designing inviting streetscapes for pedestrians are examples of ways that architecture can provide opportunities to burn calories while creating quality spaces and engaging environments.

With efforts such as New York City's Active Design Guidelines, policy makers in city planning, transportation, health, design and construction have joined together to suggest ways that architects, landscape architects, and urban designers can be part of the solution to one of today's most critical public health challenges.

FitNation presents projects, both local and national, that exemplify architectural means, policy-driven and grassroots action, conceptual frameworks, and simple improvements which contribute to a healthier lifestyle for individuals and communities.

FitNation is organized by AIA New York in collaboration with the Center for Architecture Foundation.

CURATOR Abruzzo Bodziak Architects

EXHIBITION DESIGN Abruzzo Bodziak Architects and Pentagram

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