



HEALTHIER LIVING WITHIN DESIGN

As the 2014 Winter Olympics are getting closer, we salute the thousands of athletes that will descend on Sochi in Russia in the hopes of a medal. The medal signifies the triumph of becoming the best in the world. To get to this point they and thousands more athletes have been training for years and a major factor in success is often the facilities the athlete has had at their disposal. State of the art sports centers are a significant factor in an area where students are more mobile and discerning than ever before. Amazing recreation centers and sporting facilities feature as a crowning highlight of the universities assets to entice students and top athletes. Each facility competing to be considered the nation's best. The sports centers of today are designed to satisfy a demand that has a wide variety of diverse needs closely related to the healthy lifestyles advocated today. These needs are a major consideration when deciding on a university or training center. Inspiring design within the educational scenario has become a multi-faceted challenge.

An example of an advanced design is the Johnson and Wales University Wildcat Center. The 35,000 square foot student facility known as the "Wildcat Center" designed by Gallo Herbert Architects and Diana Castro, located in North Miami. The main objective of the center is to house many of the student extracurricular activities and to become a key corner stone of the "Center of Campus." The center includes an air conditioned gymnasium for indoor sports and activities. The gym seats over 850 spectators and houses administrative and support areas that include locker rooms, fitness center, student event space, administrative offices and conference rooms.

Students enjoy using this successfully designed Sports Center as it provides them with all the amenities that meet their needs and surpass their expectations.

FROM THE PRESIDENT

Good news!!! We are all getting busier and we are heading into the best year in a long time, but with that, comes additional stress...

I invite you to discover the connection between design, exercise and stress relief and why exercising in a good and healthy space or environment should be part of your stress management plan.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. Even if you're not an athlete or not very active you can still make a little exercise go a long way toward stress management. The proper intensity of exercise in an environment that fosters a positive energy can promote wellness both mentally and physically. Our responsibility as Designer's is to help achieve this balance of design and wellness in a space that will energize and inspire.

Lets make 2014 a year of health and success!

Diana Castro, ASID, IIDA, LEED A.P
President of H3Design

PROJECT SPOTLIGHT



The H3Design Team would like to wish everyone a Happy Valentine's Day!

Second Chance Toys December thru March