



CTRL, ALT, FIT. "TYING TOGETHER FITNESS AND WELLBEING"

AN INTERIOR DEDICATED TO THE FITNESS AND WELL-BEING OF SEDENTARY OFFICE WORKERS.

IND350

Molly Rollins-Priest

ABOUT ME



SOCIALS...



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CRITICAL POSITION

Passionate about branded interiors, I aim to fabricate my creative nature into true immersivity that not only radiates an intriguing atmosphere, but encourages full wellness. Although, this goes further than the aesthetics alone. The consumers experience will be my sole priority, focusing on a user centred design. Within my design approach, I want to encourage good health and well-being, stated as one of the United Nation's Sustainable Development Goals.

The healing self doesn't wait for illness to strike before taking action.
It builds a foundation for lifelong wellness." - Deepak Chopra

TECHNICAL SKILLS...

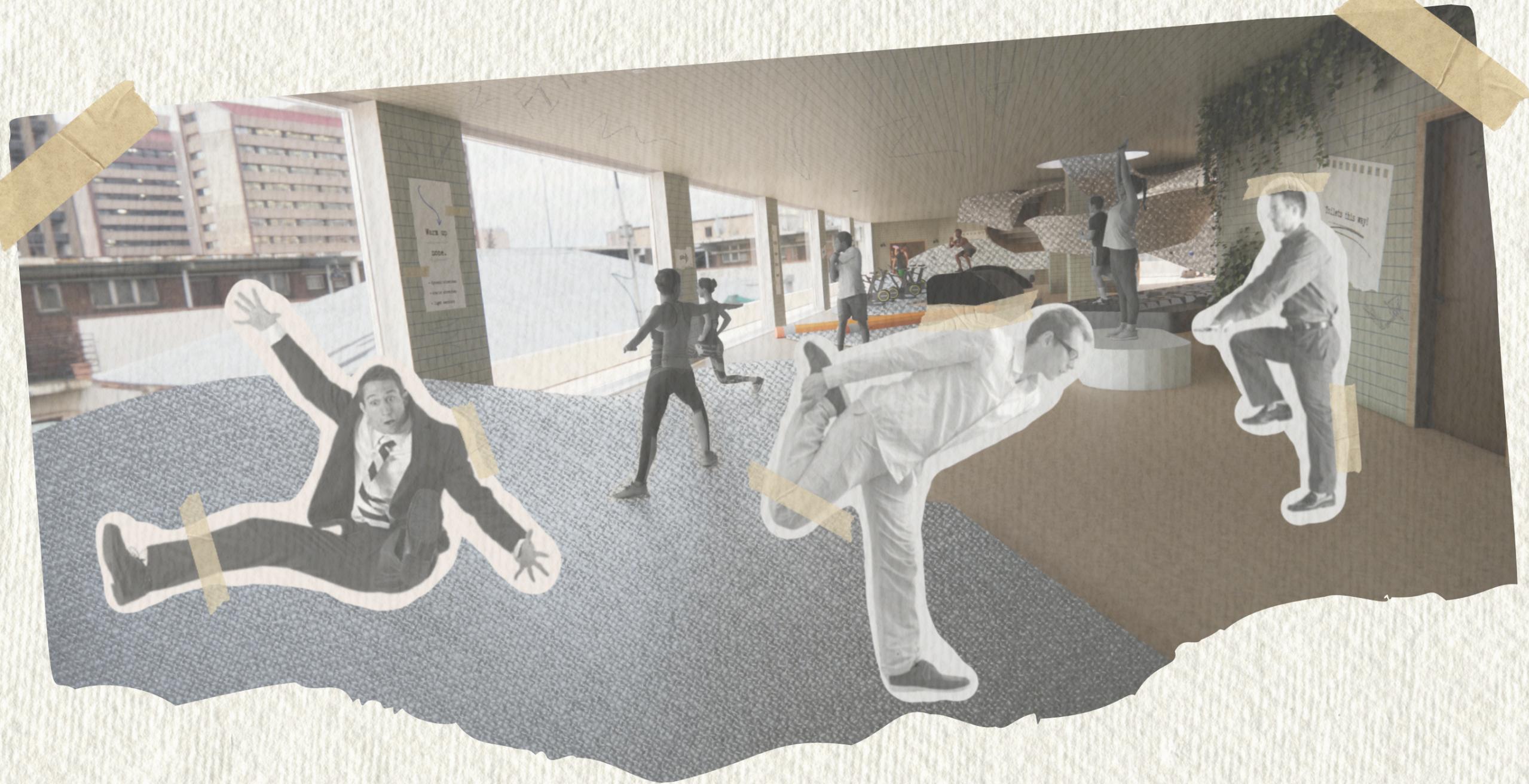


MY PREVIOUS WORK...



DEPOP X CIRCULARITY

A Bristol based commercial project partnering with Depop. Exploring the negative impacts of fast fashion and how we can reduce the impact through an interior with a user focus of Gen-Z.



Within an interior, how can we contribute to a blend of fitness and well-being in an increasingly sedentary population?

THE ISSUE

- Over 60% of the UK are currently overweight and/or obese. The UK is becoming an increasingly sedentary population.
- The average office worker spends between 4-9 hours sat down, daily.

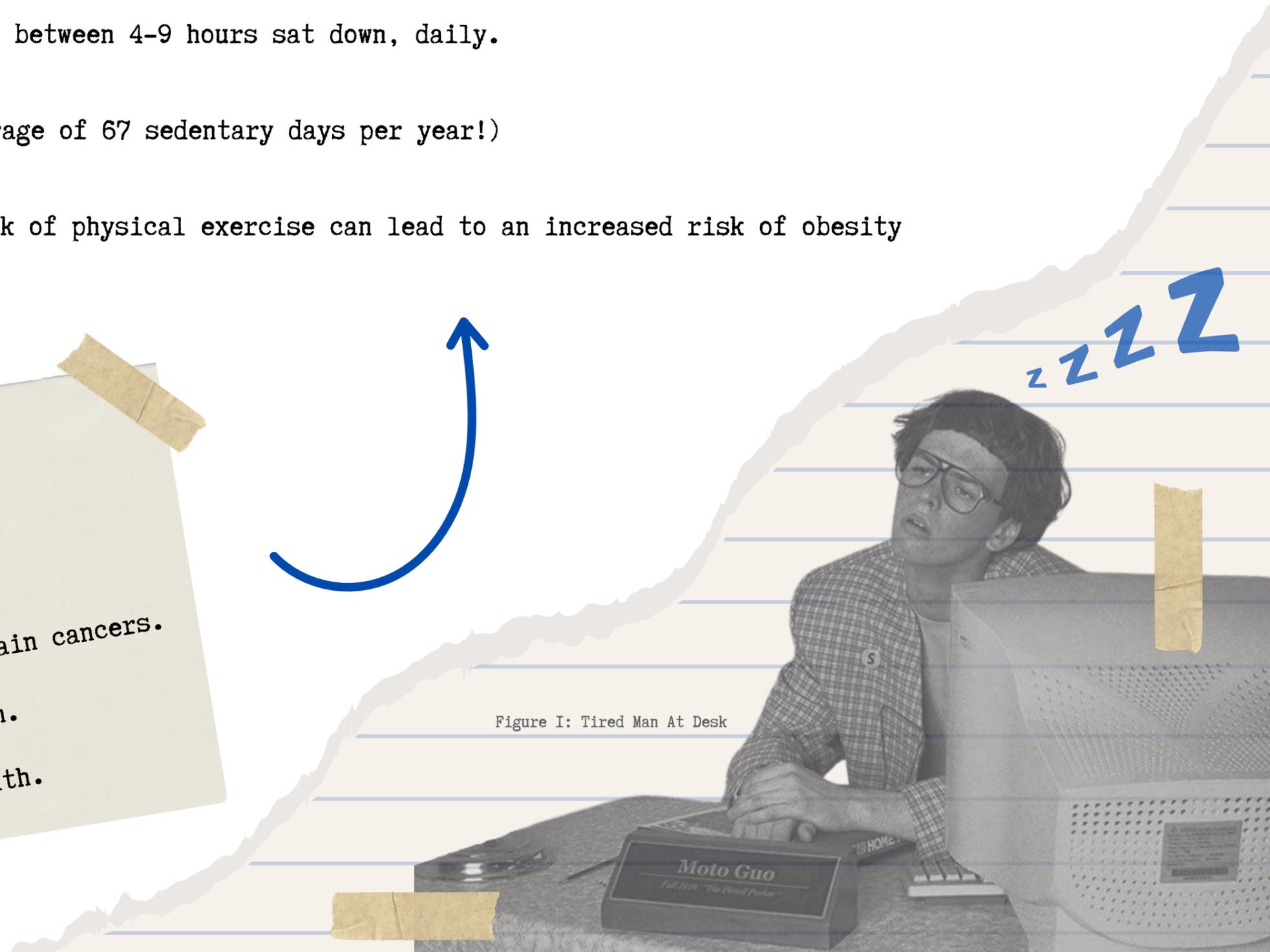
(This equates to an average of 67 sedentary days per year!)

- Prolonged sitting down and a lack of physical exercise can lead to an increased risk of obesity and preventable illnesses.

These include:

- Cardiovascular diseases.
- Type 2 Diabetes.
- Increased risk of certain cancers.
- Back problems and pain.
- Decreased mental health.

Figure I: Tired Man At Desk



THE BRIEF

To create a space for inactive and sedentary office workers to gain an improved sense of fitness and wellbeing.

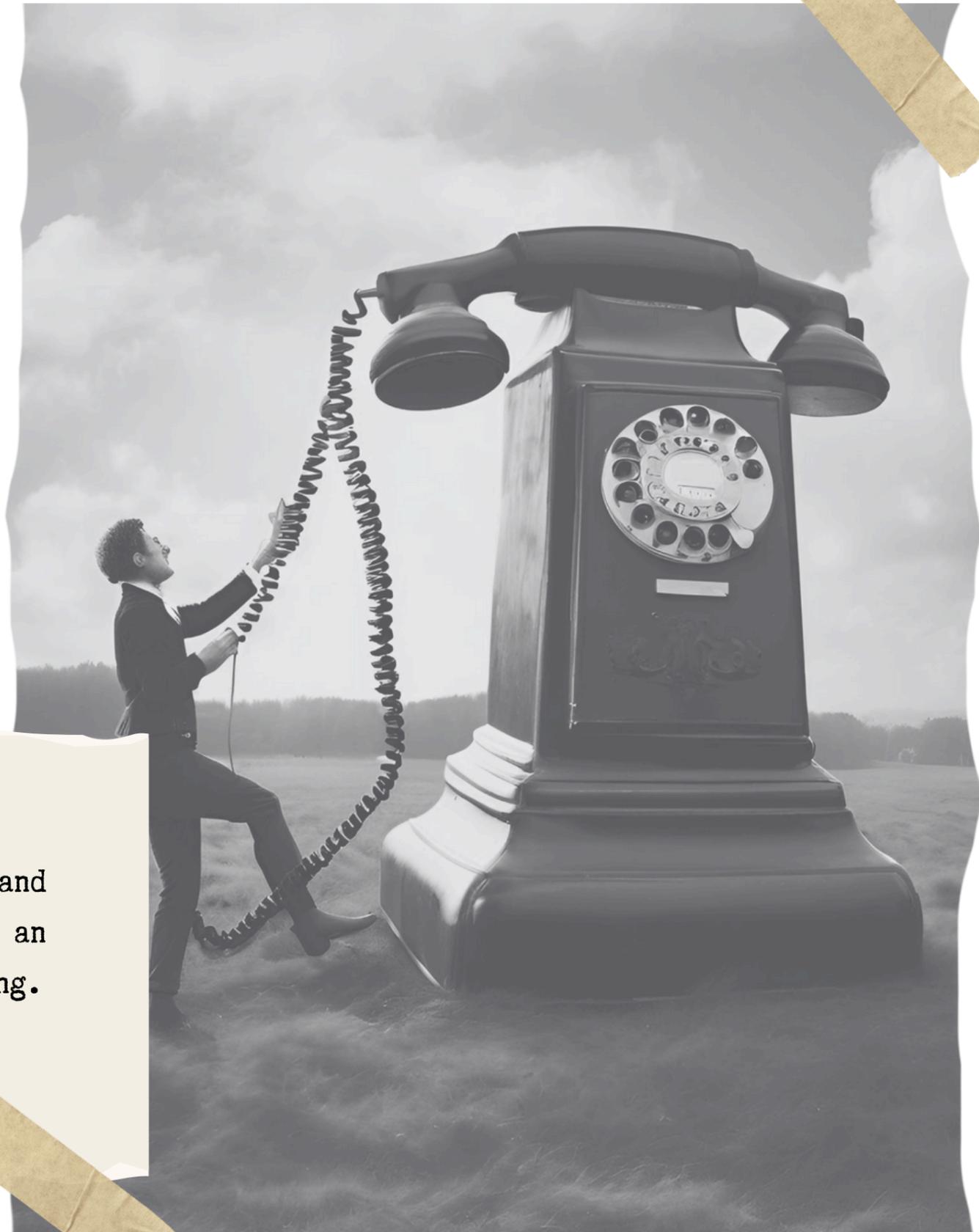


Figure 2: Man Climbing Telephone

THE USER

JOSH@GMAIL.COM AKA THE NEWBIE THE BUSY SEDENTARY OFFICE WORKER...

Figure 6: Man wrapped in telephones.



WANTS:

wants to be able to feel better in himself and happier with his own body.

using the gym would be great, but isn't a big fan of how expensive it is when he barely has time to go.

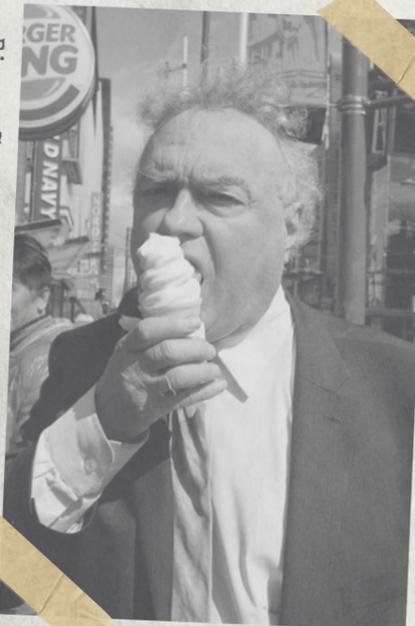
NEEDS:

needs to get more active whilst he's is still young.

in order to help offset preventable diseases from coming to light later down the line.

GARY@YAHOO.CO.UK AKA THE OLDIE THE LAZY SEDENTARY OFFICE WORKER...

Figure 7: Man eating ice cream.



WANTS:

he wants an excuse to step away from the stress and pressure once a week without feeling guilty.

something a bit different after the years of consistent office work.

NEEDS:

after spending much of his adult life in the office, he has developed some back and neck pain.

he needs to resolve this in order to perform with his best ability at work.

1) worker takes lift up to 6th floor, greeted with the reception to sign in. Entering changing rooms and toilets to get ready for the activities.

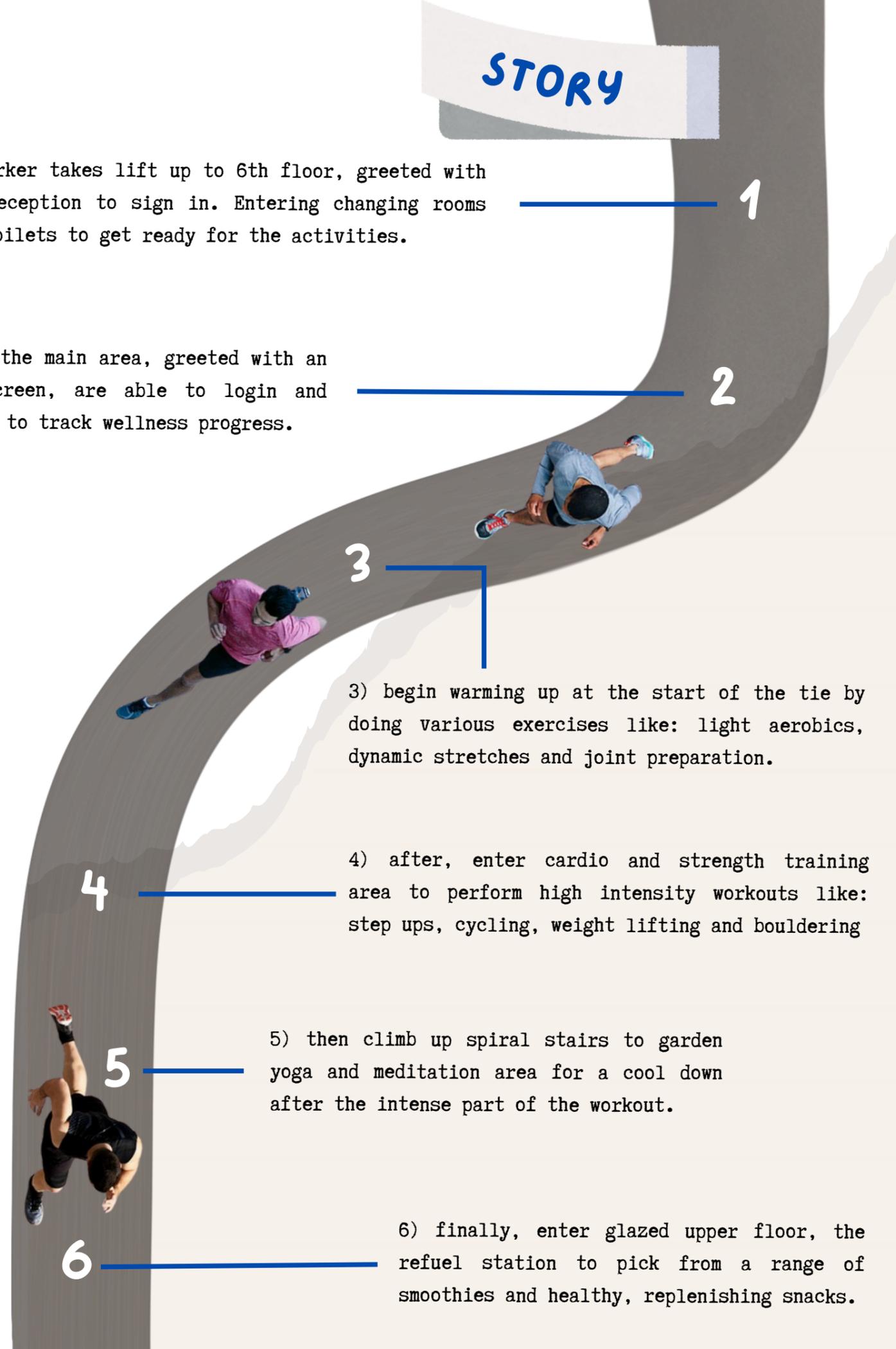
2) they enter the main area, greeted with an interactive screen, are able to login and scan Oura ring to track wellness progress.

3) begin warming up at the start of the tie by doing various exercises like: light aerobics, dynamic stretches and joint preparation.

4) after, enter cardio and strength training area to perform high intensity workouts like: step ups, cycling, weight lifting and bouldering

5) then climb up spiral stairs to garden yoga and meditation area for a cool down after the intense part of the workout.

6) finally, enter glazed upper floor, the refuel station to pick from a range of smoothies and healthy, replenishing snacks.



USER JOURNEY

1) The user will take the lift to the 6th of The Ray, being greeted with the ctrl, alt, fit reception desk to get started on their health journey.



3) The first part of the journey is to warm up with static and dynamic stretches at the start of the tie before the higher intensity exercises.



2) They will then go and get changed into more appropriate, athletic clothing. This is in preparation to get active.



4) Moving onto the cardio zone with stationary bikes, obstacles and and aerobics keyboard: increasing heartrate and get blood pumping.



5) Then entering the strength training zone: aimed to improve and crease muscle and strength.

7) Then entering the well-being floor via the spiral stair case wrapped in the tie sculpture.



6) The climbing wall acts more as a fun activity that also has health benefits to add fun and exploration to fitness.+

10) The outdoor yoga and meditation zone: providing a relaxing cool down for the user after taking part in the fitness to ensure proper recovery.



8) The smoothie bar that will provide a selection of rejuvenating smoothies and refreshments to replenish the body of nutrients.



9) The tie forms part of the upstairs seating in the smoothie bar to really tie together fitness and well-being.

SITE OVERVIEW

The Ray,
123 Farringdon Road,
Farringdon,
London,
EC1R 3DA



Figure 8: The Ray building.



Figure 9: OS Map of Clerkenwell.

A BIT ABOUT IT...

- Located in Farringdon, Islington.
- The Ray was constructed from 2015-2017.
- Located in an area thriving with business (Clerkenwell).
- Shrouded in office based companies:

Has more creative and architectural companies per square mile than anywhere else in the world!

ORIGINAL PLANS

These are the original floor plans for levels 6 and 7. These are the 2 floors that I will be using to bring ctrl, alt, fit to life.

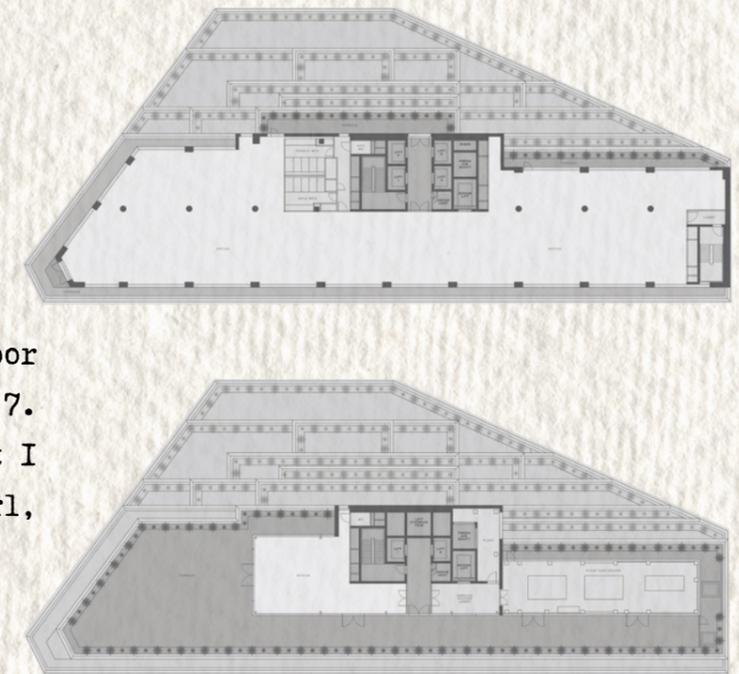


Figure 10: The Ray original plans.

SITE DIAGRAMS



POSITIVES...

- close to surrounding business hotspots, like canary wharf.
- 3 minute walk from farringdon tube station. located on 10 bus routes.
- encourages the sense of biophilia (natural light).

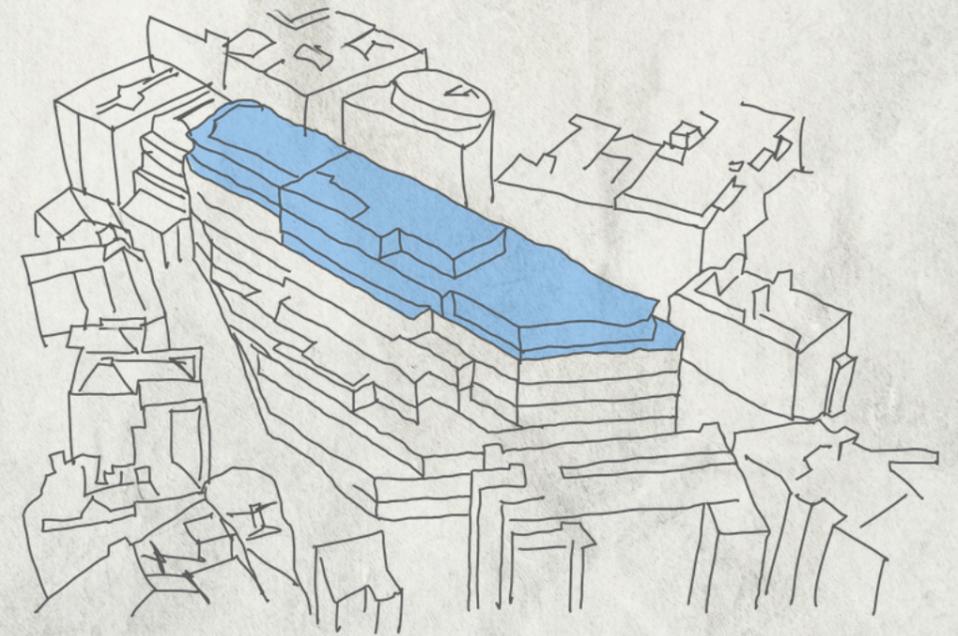
NEGATIVES...

- not much of a street presence, a multi-functional building.
- may not reach wide office worker consumer base. (london based)
- access goes through office spaces, etc.

LEVEL CONTEXT...

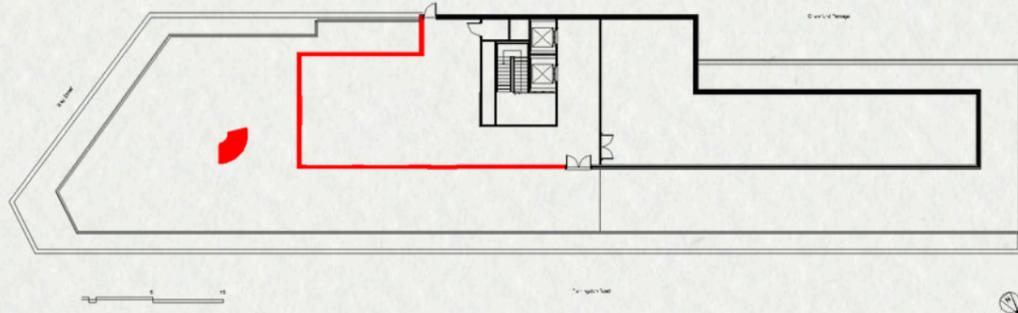
The top 2 floors in context to the rest of the building:

How it stands taller and has better views than the surrounding buildings.

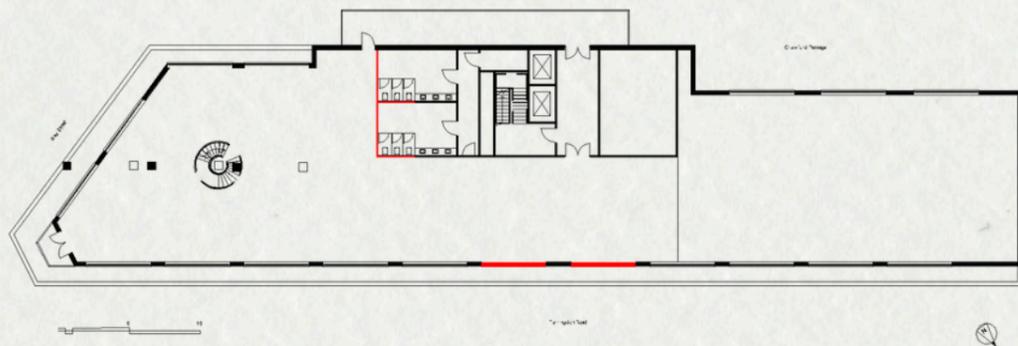


SITE DEMOLITION AND CONSTRUCTION

Demolition



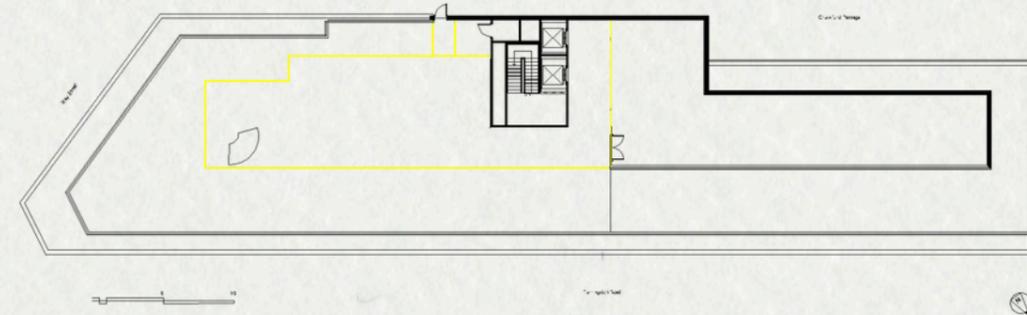
First Floor



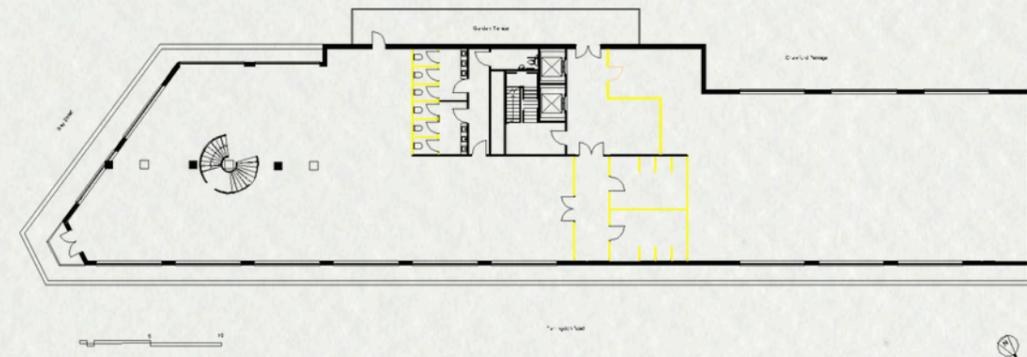
Ground Floor

Part of the walls that make up the ground floor toilets will be demolished to allow for more room for the tie to really flow through the space. 2 of the windows will also be taken out to allow for a wall to separate the ground floor.

Construction



First Floor



Ground Floor

Walls will be added on the ground floor to separate the reception and changing rooms from the main fitness space. The first floor walls will also be extended to allow for more room for the smoothie bar and indoor yoga and meditation.

THE BRAND

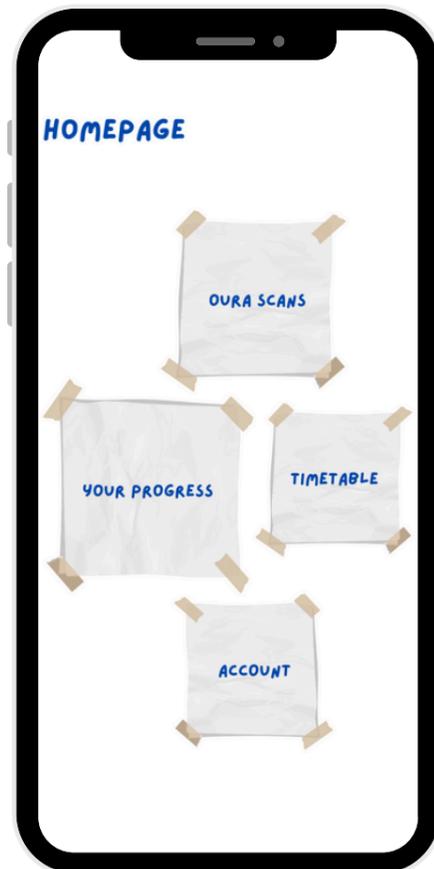
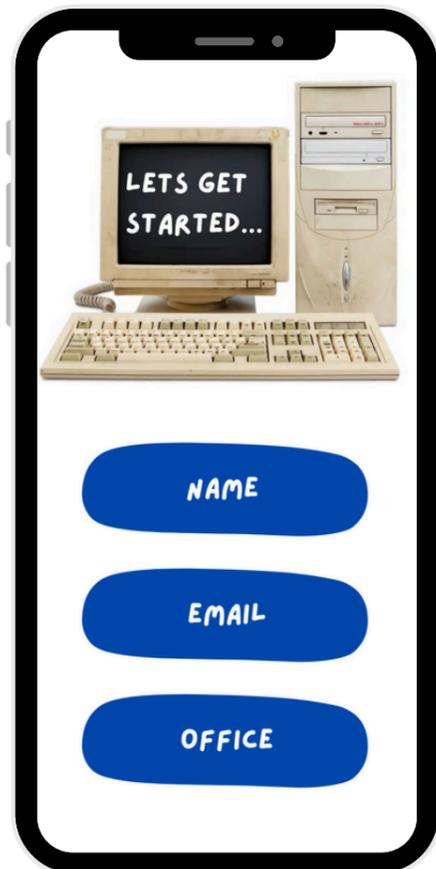
Figure II: Chair mountain.



Oura and Gymshark are helping to tie together fitness and well-being...

WHAT IS IT?

CTRL, ALT, FIT is aiming to reduce negative impacts of an office lifestyle by encouraging fitness and well-being. An app that keeps track of fitness and well-being progress. Oura Ring and Gymshark are the sponsors for CTRL, ALT, FIT: equipment and progress tracking.



App icon...



WELCOME TO
CTRL, ALT, FIT.



MOODBOARD IMAGERY



CONCEPT

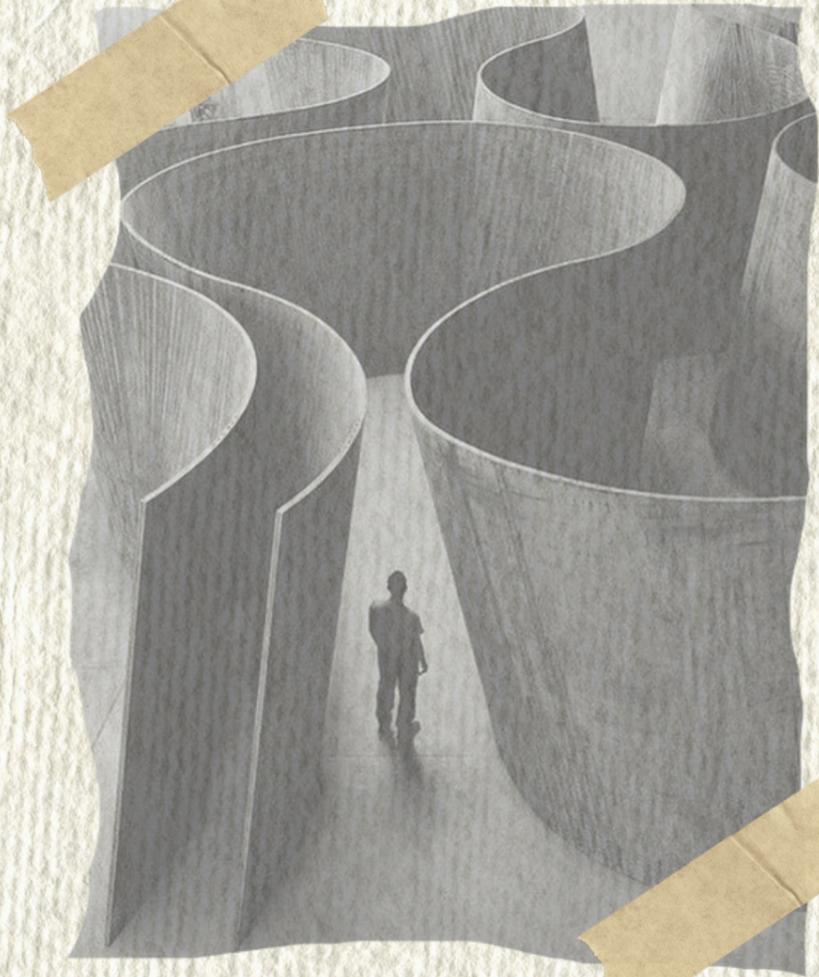


Figure 3: Person walking through hallway



Figure 4: Running In Suit

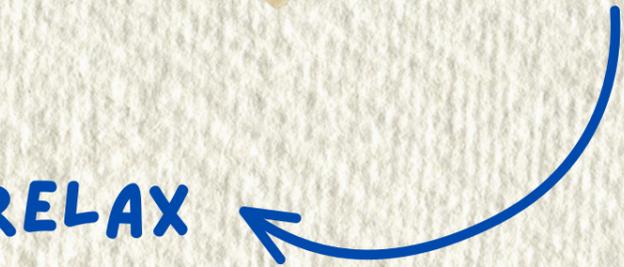
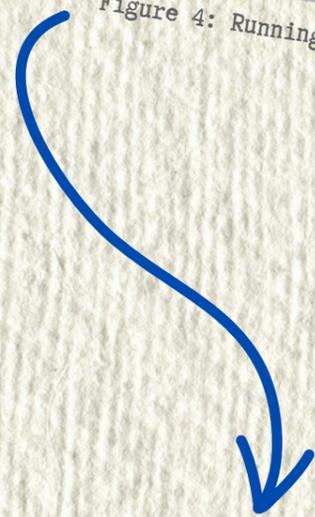


Figure 5: Man with Briefcase

EXPLORE

WORK

RELAX

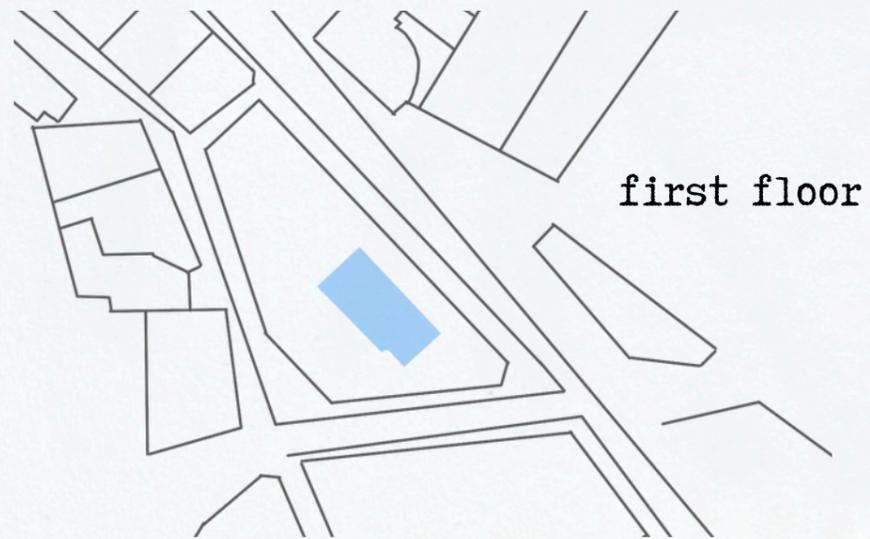


WHAT IF YOU COULD RUN
AWAY FROM YOUR BOSS?



SCHEDULE OF ACCOMMODATION

Surrounding plans...



first floor: well-being

outdoor seating/
meditation + yoga

wc/ storage

smoothie bar

stairs/ lift

ground floor: fitness

exercise/
cardio zone

climbing wall

wc/ refuel
station

reception

warm up/
stretching zone

changing
rooms

STRATEGY DIAGRAM/MODEL

top down view



front view



back view



TIE CONCEPT EXPLANATION...

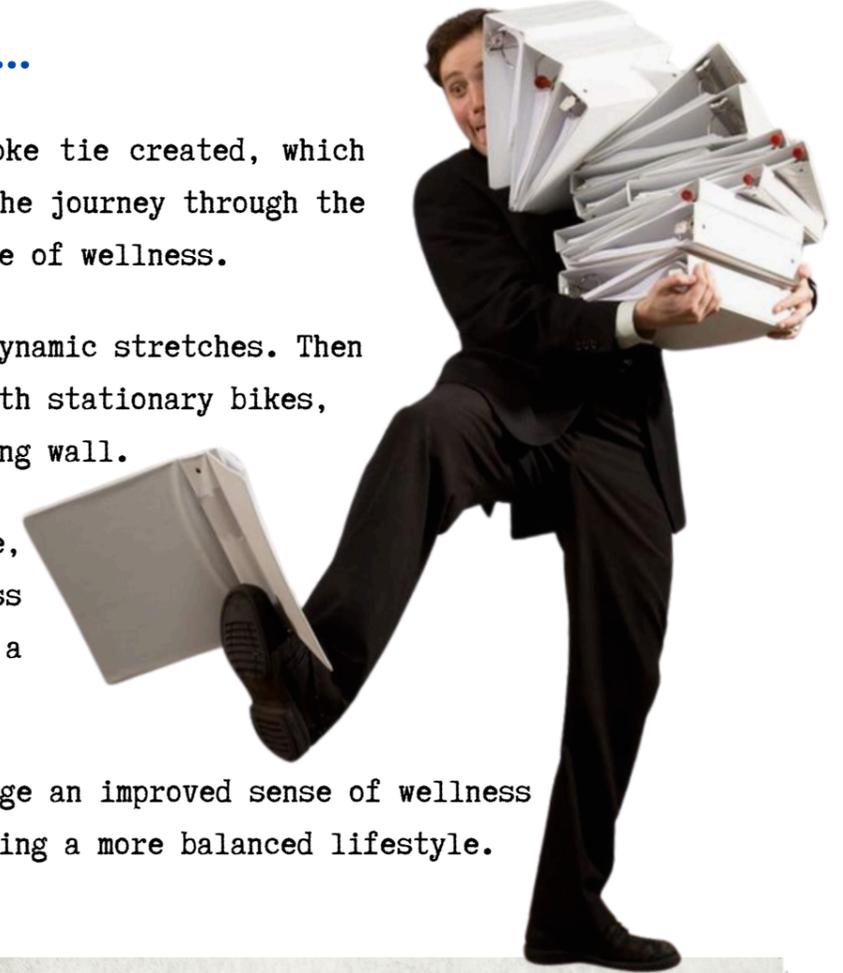
A 3D rhino technical model of a bespoke tie created, which will be fitted in The Ray, forming the journey through the space for the user to gain a full sense of wellness.

Starting the journey, a warm up with dynamic stretches. Then leading into the main exercise area with stationary bikes, obstacles, weight lifting and bouldering wall.

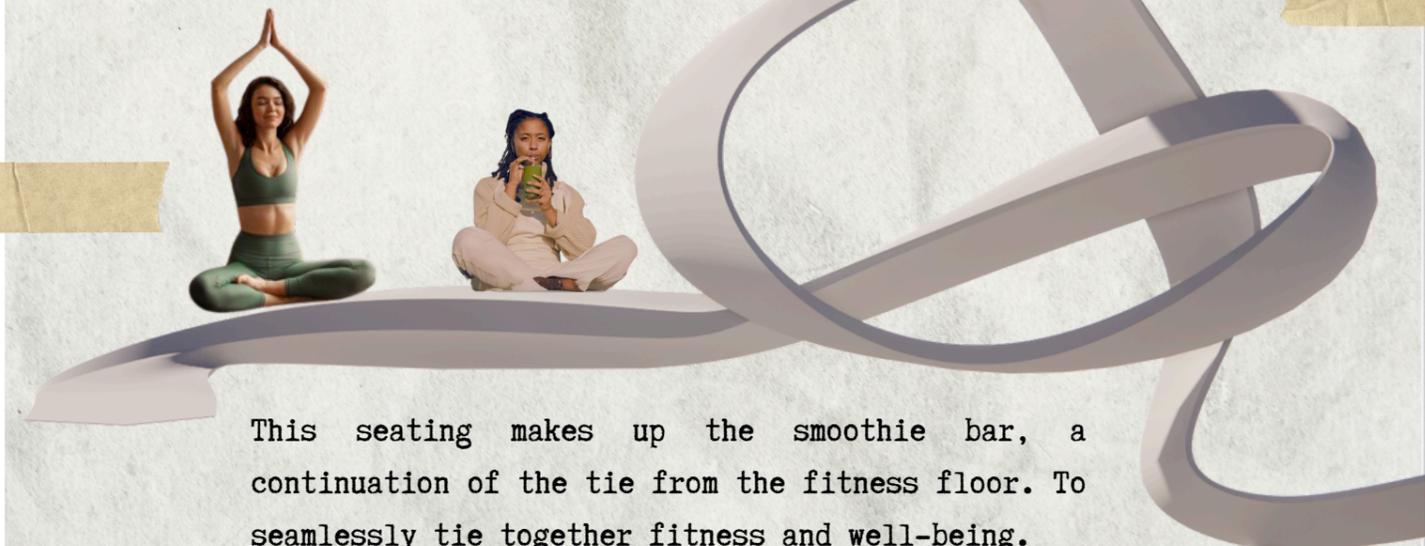
Leading you to the spiral staircase, where you then taken up to the wellness area. An area with yoga, meditation, a smoothie bar and shrouded in greenery.

This full journey is aiming to encourage an improved sense of wellness for the sedentary office worker, creating a more balanced lifestyle.

Figure I2: Man holding files.



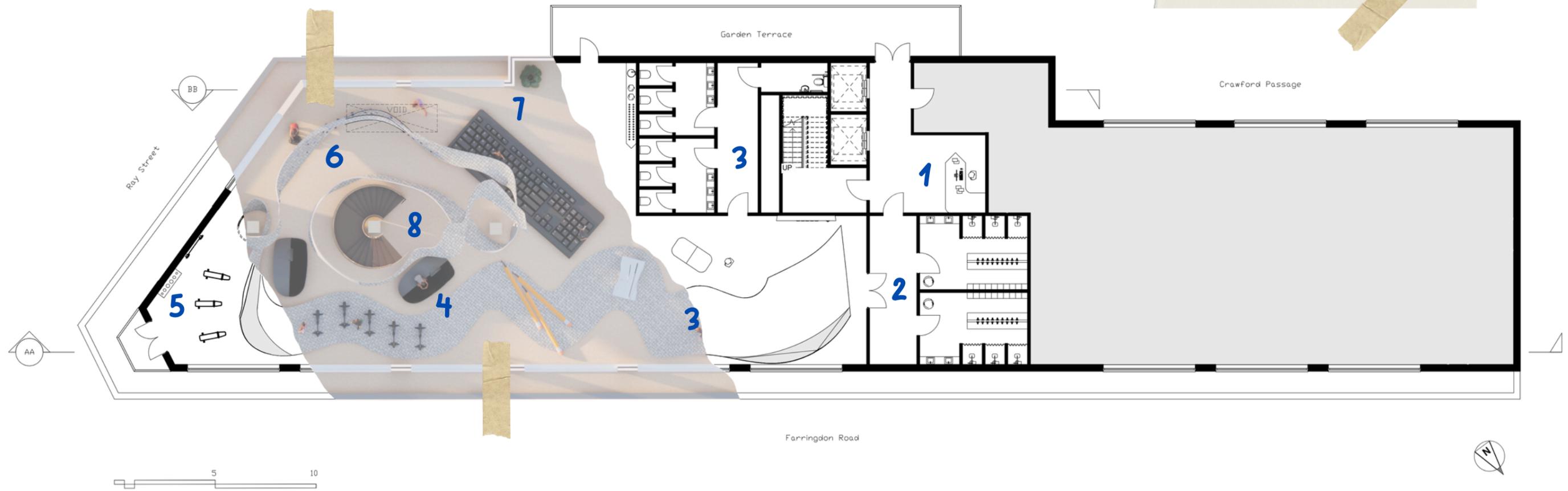
SMOOTHIE BAR SEATING...



This seating makes up the smoothie bar, a continuation of the tie from the fitness floor. To seamlessly tie together fitness and well-being.

GROUND FLOOR

Fitness...



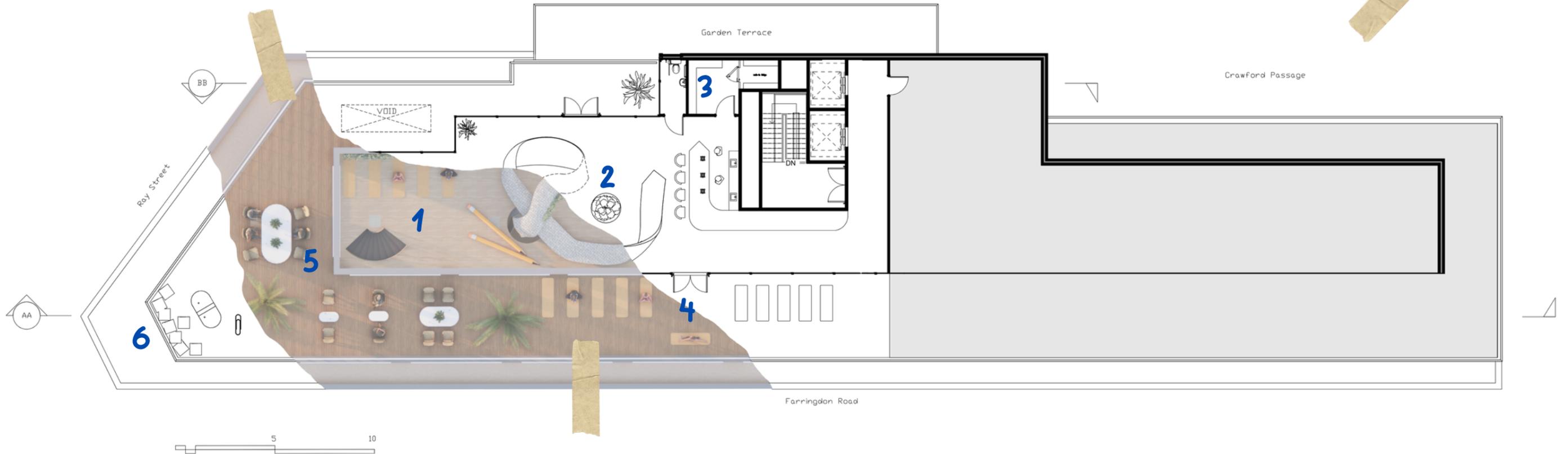
PLAN KEY:

- | | |
|-----------------------------|---------------------------------|
| 1) Reception | 7) Refreshments/ fresh air zone |
| 2) Changing Rooms | 8) Spiral wellness stairs |
| 3) Warm up/ stretching zone | |
| 4) Cardio/ obstacle zone | |
| 5) Strength training zone | |
| 6) Bouldering wall | |

Scale 1:200 @ A3

FIRST FLOOR

Well-being...



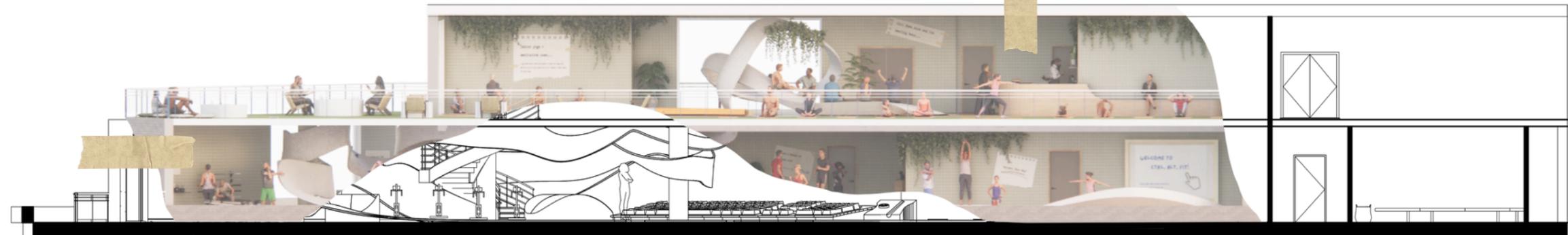
PLAN KEY:

- 1) Entrance to well-being floor
- 2) Smoothie bar and indoor seating
- 3) Food storage/ WC
- 4) Outdoor yoga and meditation
- 5) Outdoor seating area
- 6) Cushioned floor seating

Scale 1:200 @ A3

SECTION AA

The sectional views really display the tie's journey following from the ground to first floor. A visual representation of how the space meshes together fitness and well-being in a fun and sculptural way.

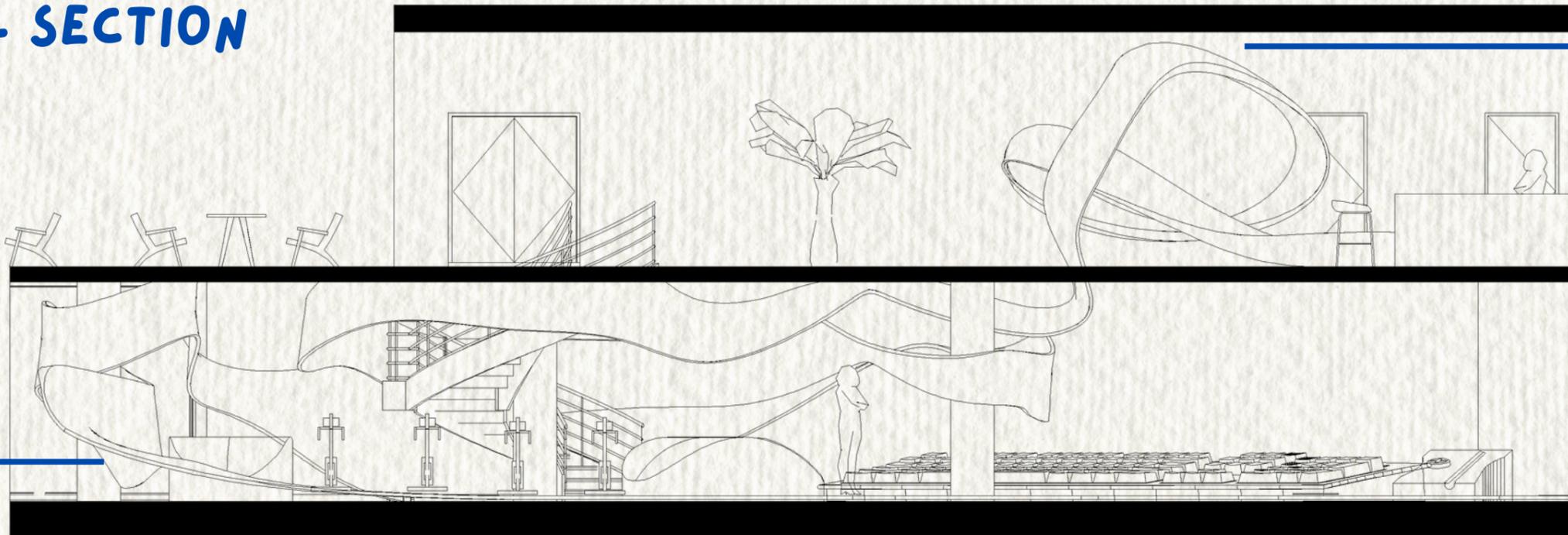


SECTION BB

Scale 1:150 @ A3

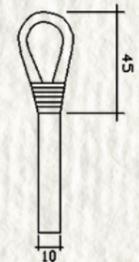
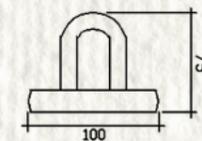
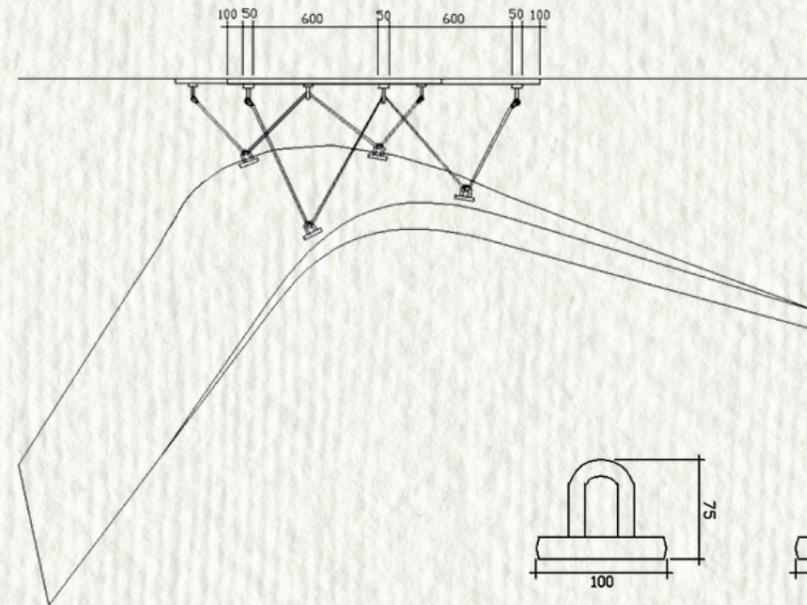
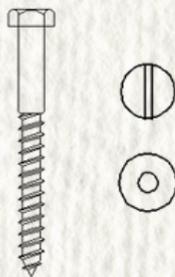
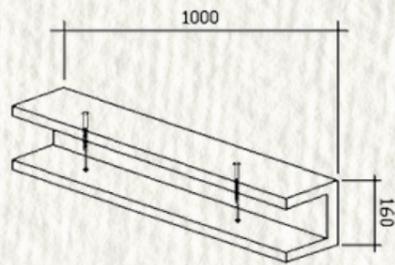


TECHNICAL SECTION



FLOOR STABILITY:

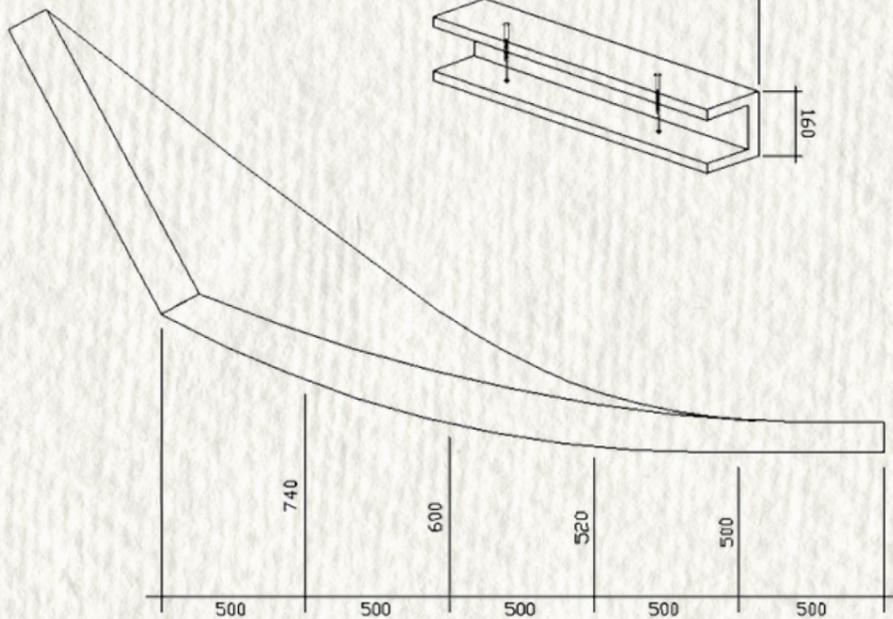
The floor attachment is bolted to the floor with a self tapped 8mm bolt thread and attached with bolt and lasher.



CEILING ATTACHMENT:

The ceiling attachment gives stability to the tie structure as it loops over itself to create the seating area.

Attaching with pad eye dock plate and 10mm steel cable from the plate bolted steel slab. The 'W' structure adds further stability to the structure to stop any rocking back and forth.

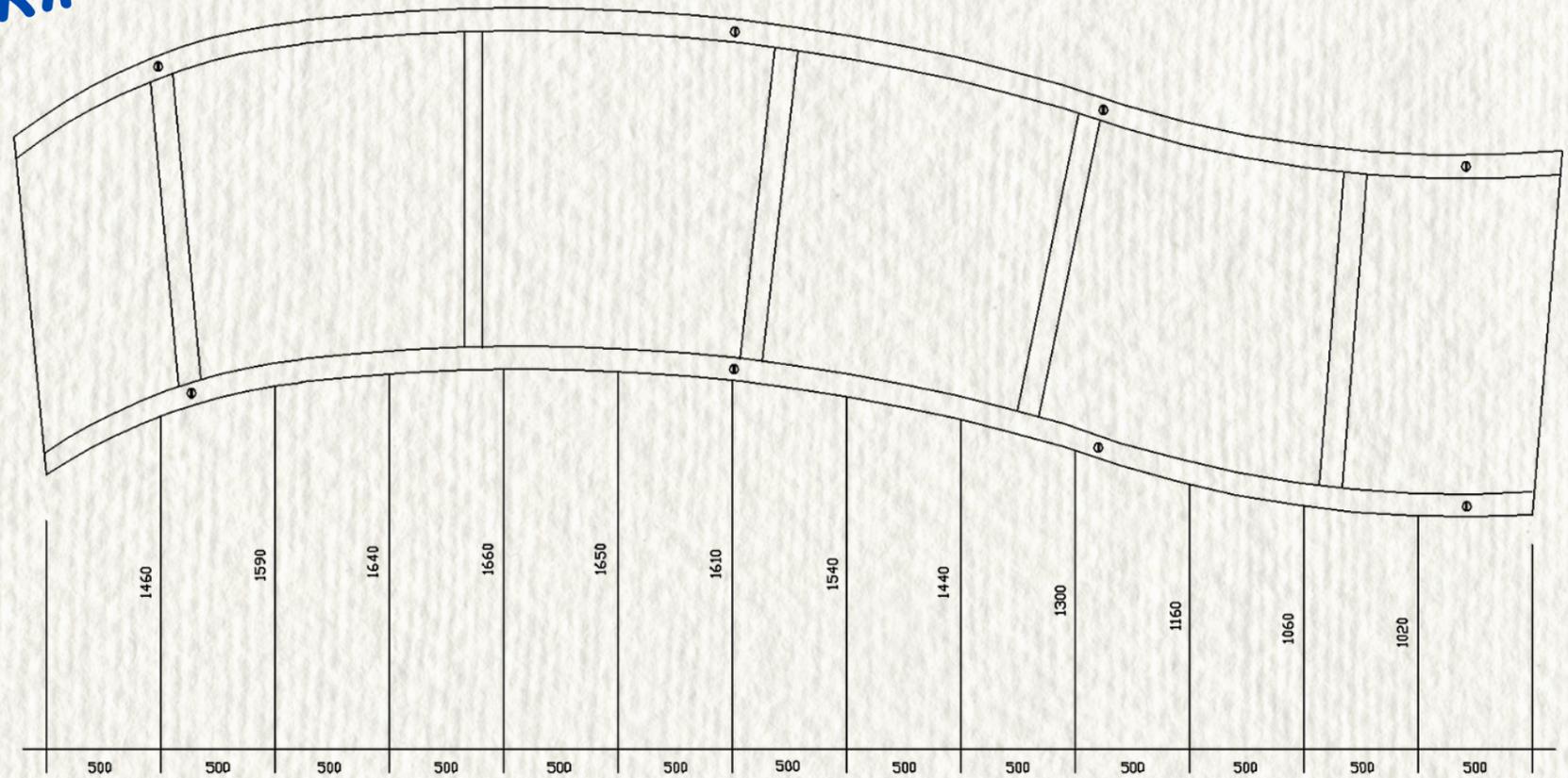
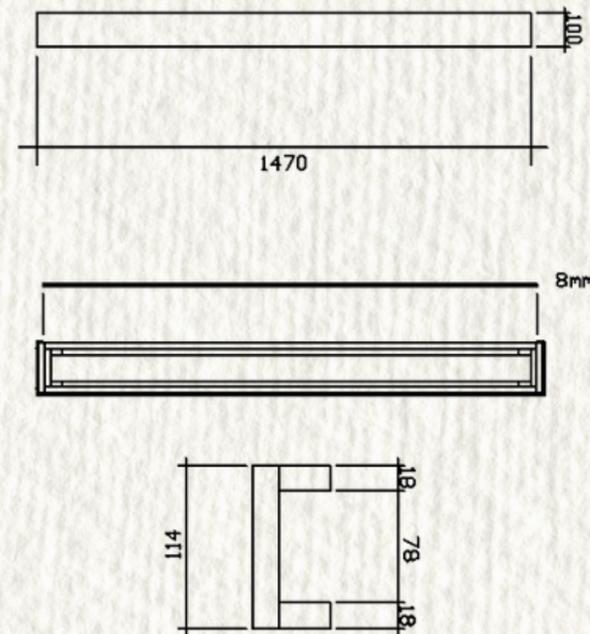
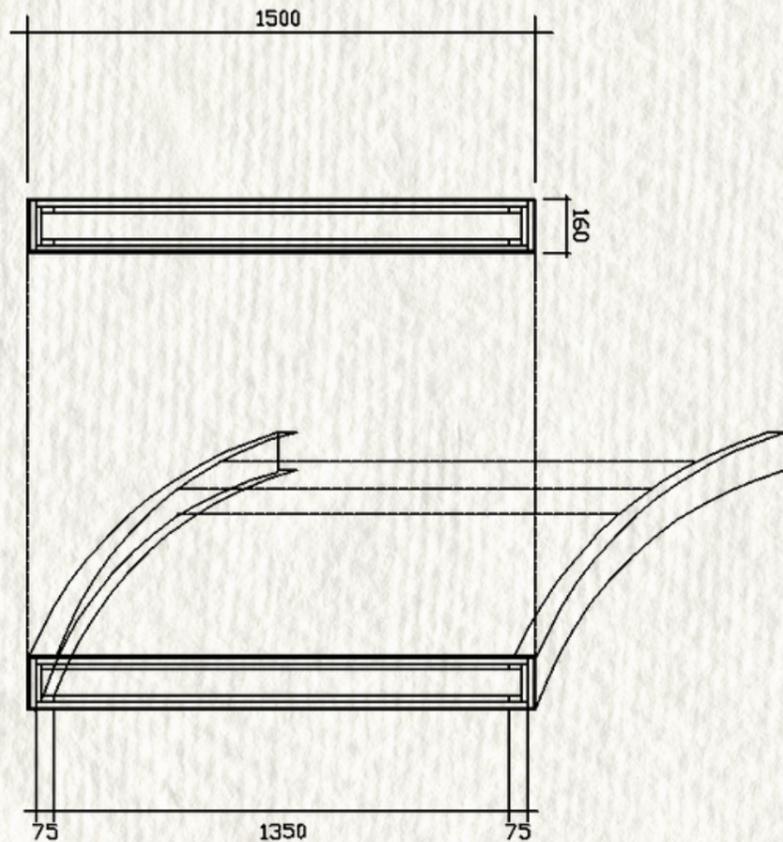


TIE STRUCTURAL FRAMEWORK

STEEL GIRDER:

This is the structure of the tie, known as a steel girder which will be molded into the desired and specific shape of the tie.

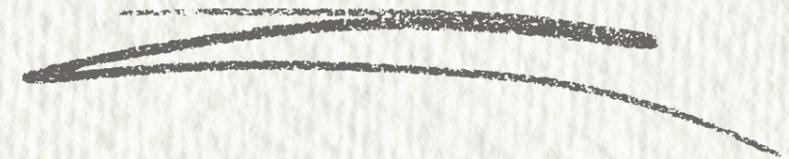
The 'C' channel runs through every 1.5 metres to add support.



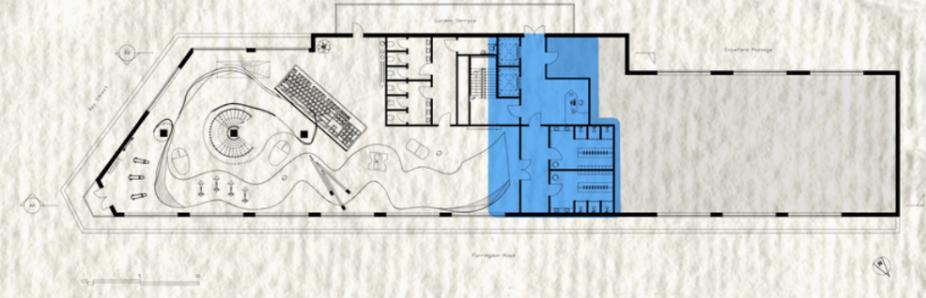
STEEL 'C' CHANNEL:

The steel 'C' channel acts as a support every 1.5 metres for the steel frame girder.

Consisting of steel, 10mm web, 8mm (flange) birch plywood packing strip.

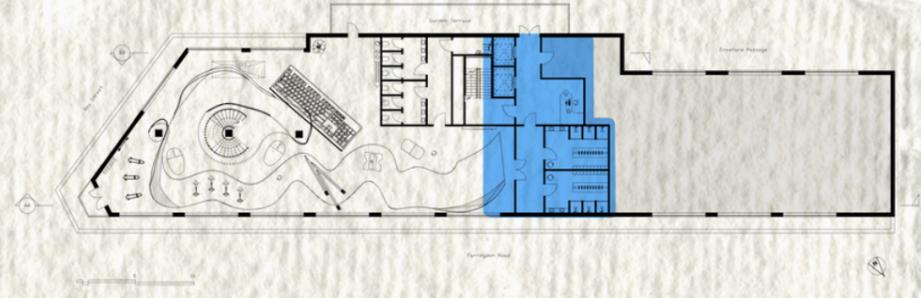


SHOW UP



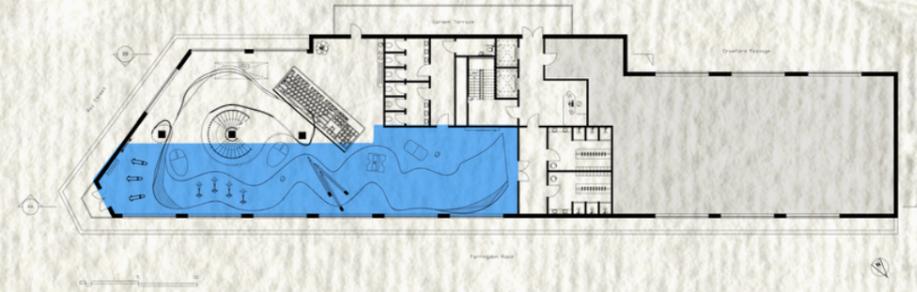
First entrance and check in.

ENTER



Entrance to main space/warm up.

WORK



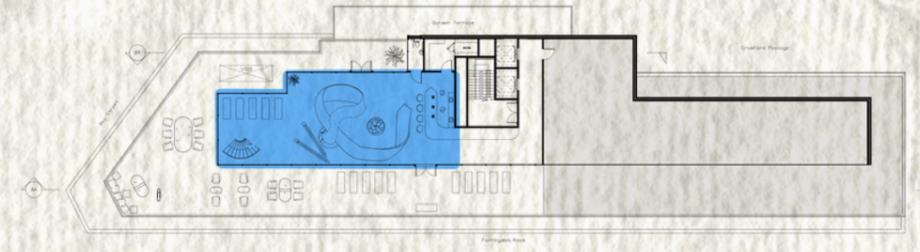
Cardio zone.

EXPLORE



Spiral staircase leading to well-being area.

RELAX



Outdoor yoga and meditation.

SECTIONAL VISUALS



IMAGE REFERENCES...

Figure 1: Tired Man At Desk (<https://uk.pinterest.com/pin/20055I608386I2727/>)

Figure 2: Man Climbing Telephone (AI Generated Image)

Figure 3: Person walking through hallway (<https://uk.pinterest.com/pin/65675I55820I08I7I2/>)

Figure 4: Running In Suit (<https://www.runnersworld.com/news>)

Figure 5: Man with Briefcase (<https://uk.pinterest.com/pin/65675I558202037002/>)

Figure 6: Man wrapped in telephones (<https://uk.pinterest.com/pin/65675I55820I434I53/>)

Figure 7: Man eating ice cream (<https://uk.pinterest.com/pin/65675I55820I43540I/>)

Figure 8: The Ray building (<http://www.therayfarringdon.co.uk/the-building/>)

Figure 9: OS Map of Clerkenwell (<https://digimap.edina.ac.uk/os>)

Figure 10: The Ray original plans (<http://www.therayfarringdon.co.uk/downloads/>)

Figure II: Chair mountain (<https://www.ignant.com/202I/II/02/i-want-my-work-to-make-people-dream-photographer-abdulla-elmaz-on-leaving-an-impression-in-our-minds/>)

Figure I2: Man holding files (<https://time.com/37I9374/bad-habits-increased-productivity/>)