

The majority of adults were overweight or obese; 67% of men and 60% of women.
This included 26% of men and 29% of women who were obese.

One in six adults in the UK are thought to experience depression, often alongside anxiety due to an unhealthy diet

FITNESS HOTEL

KEEPING FIT BY SIMPLY INTERACTING WITH THE BUILDING



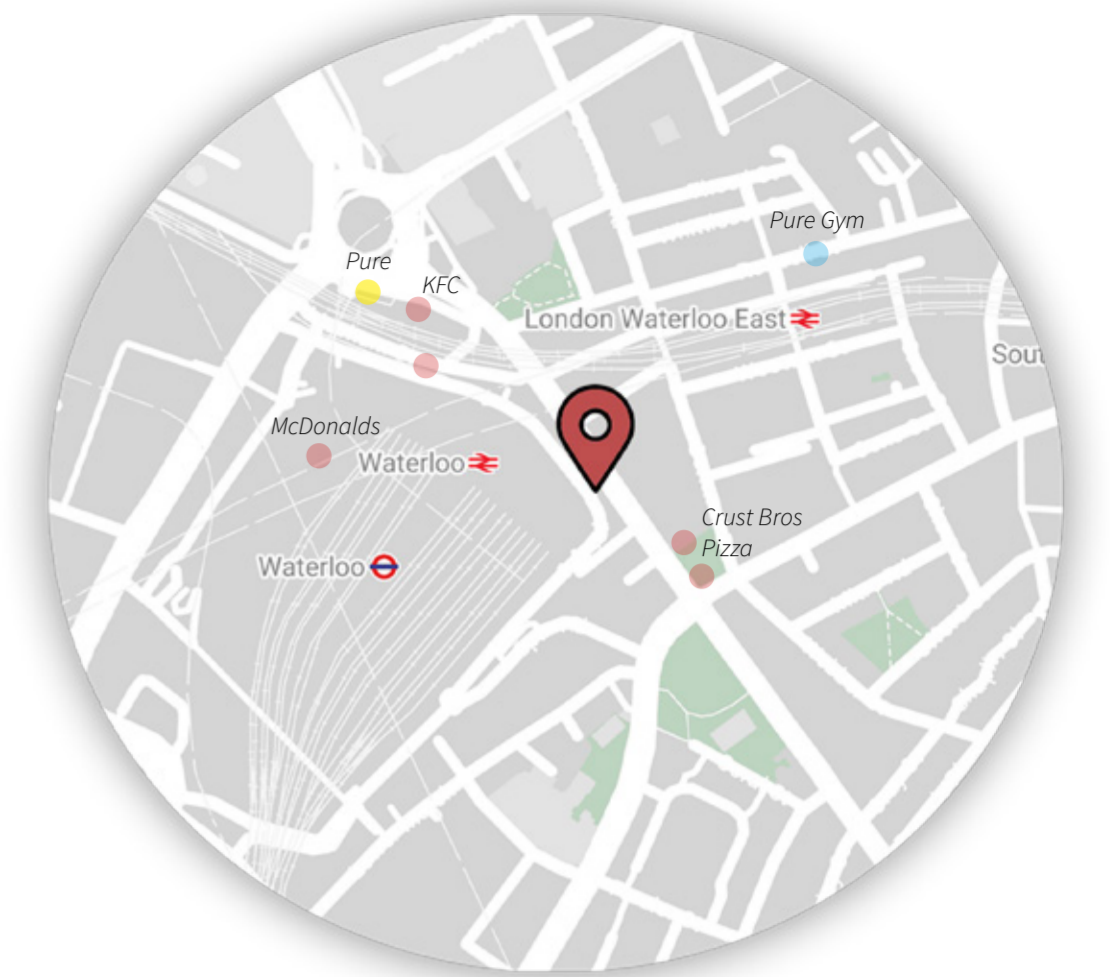
M

BODY HOTEL



CONCEPT

imperceptible spaces with inconvenience



150 Waterloo Rd, London SE1 8SB

TRANSITION



GESTURE



CONTINUITY



MOBILITY



THE PROJECT *the project*

The design for this project is a fitness hotel. A space that takes people in as a place to stay and encourages the idea of a healthy lifestyle. The main focus will be on the people who don't necessarily follow a healthy regime and walk into a space that hopefully can change their mindset. The design will mainly be focused on expressing an unintentional form of fitness so that the guests can use the space without feeling too overwhelmed and thinking that the space only makes them work out all the time. The idea is to gently introduce them to a healthy lifestyle and make them realise that it is not as hard as they thought to change their bad habits

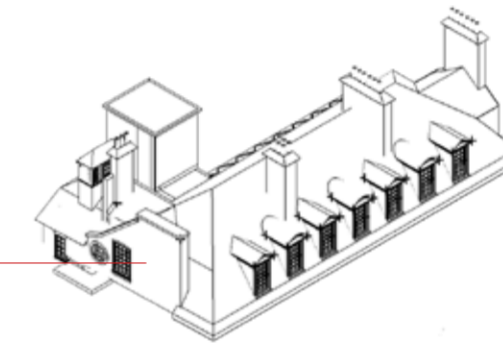
THE USER *the user*

The project is mainly focused on giving people the opportunity to start their healthy lifestyle without feeling too pressured or overwhelmed. A change that comes effortlessly and naturally to the person and makes them feel good about themselves. There are two ends of the spectrum when it comes to weight. These are the target audience as they both deserve the chance to change their habits and lifestyle. However with this, things such as sweat and fatigue come in-between this journey that can become an obstacle

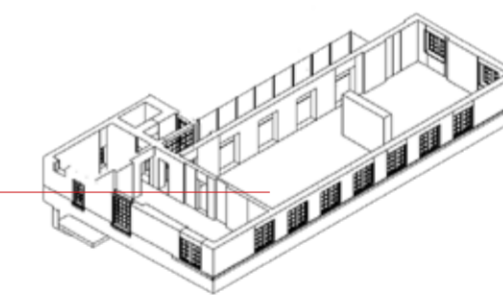
SITE ANALYSIS *site analysis*

As predicted there is a much less variety of healthier restaurants to choose from in London. Statistics show that 40.4% of people follow a balanced diet in the whole of the UK but only 5% of those are living in London. In London there are many fast food restaurants and unfortunately there are 39% of people eating fast food at least once a week and 49% consuming one or more ready meals over the same period. Around the site there are total of 5 gyms located with a 5 minute walk from the site. It shows that this particular part of London really wants to promote a healthy change for the younger audience and by having the fitness hotel to almost begin that change without being a full idea of a gym will be an interesting approach

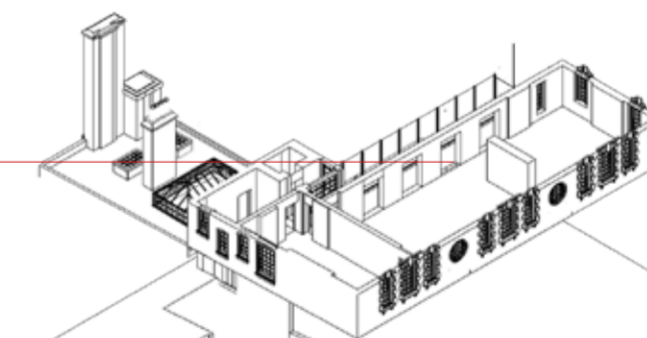
4th Floor



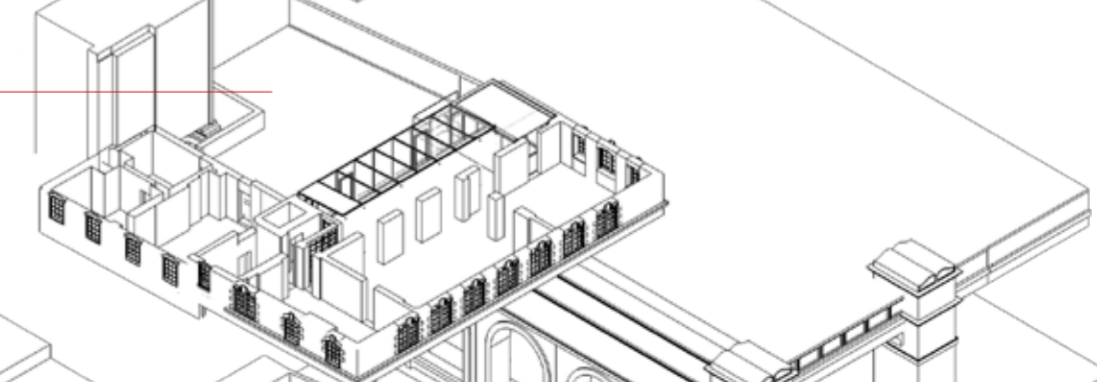
3rd Floor



2nd Floor



1st Floor



Ground Floor



The Fire Station was the best option in order to relate to my project. The facade is quite old and when you walk inside there will be the chance of a contemporary space. This then links to the customer where before the walk in they have one mentality (the unhealthy lifestyle) and walk into a space that then transforms their views and hopefully change their mindset in terms of their health.

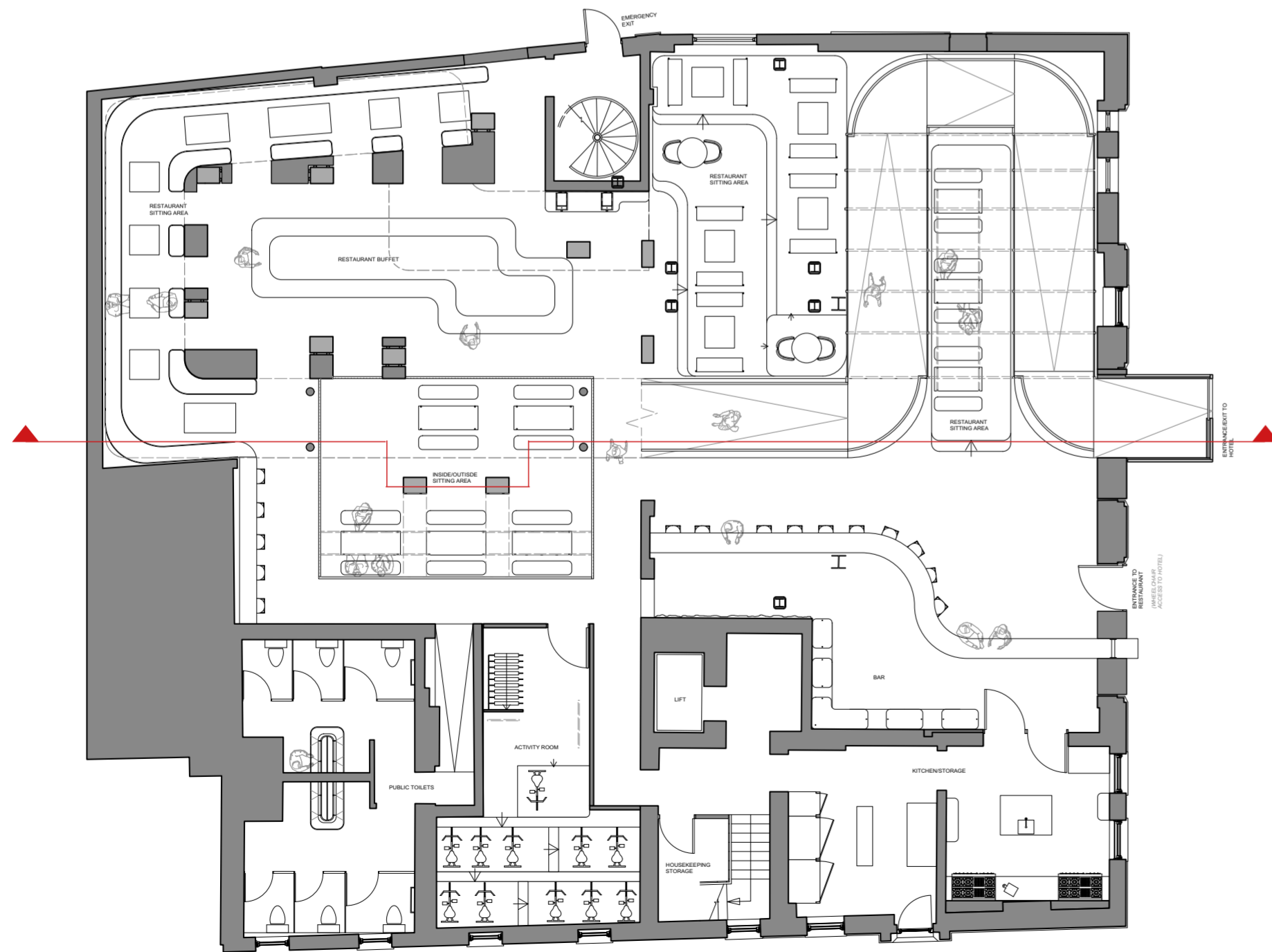
GENTLE FITNESS

keeping fit

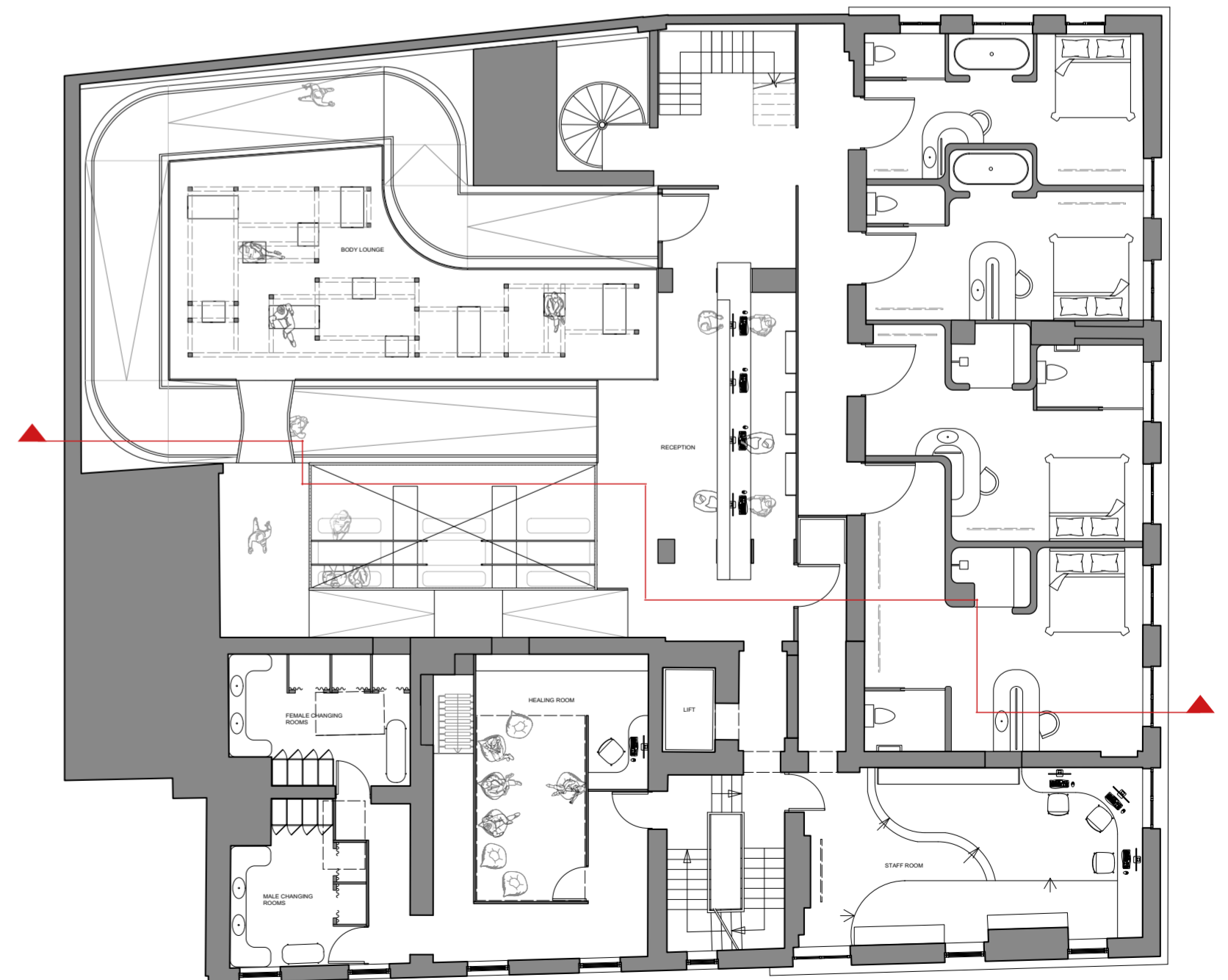


The idea of having a ramp that leads the guests all the way to the first floor where the reception is located. Using the ramp becomes a much easier process of moving between floors as it is very gentle and doesn't take effort, therefore guests will be walking their way up instead of taking the short cut and using the lift.

This is much more captivating way to get people to walk amongst floors. guests will also get a view of the restaurant space as they make their journey.



GROUND FLOOR PLAN
1:100



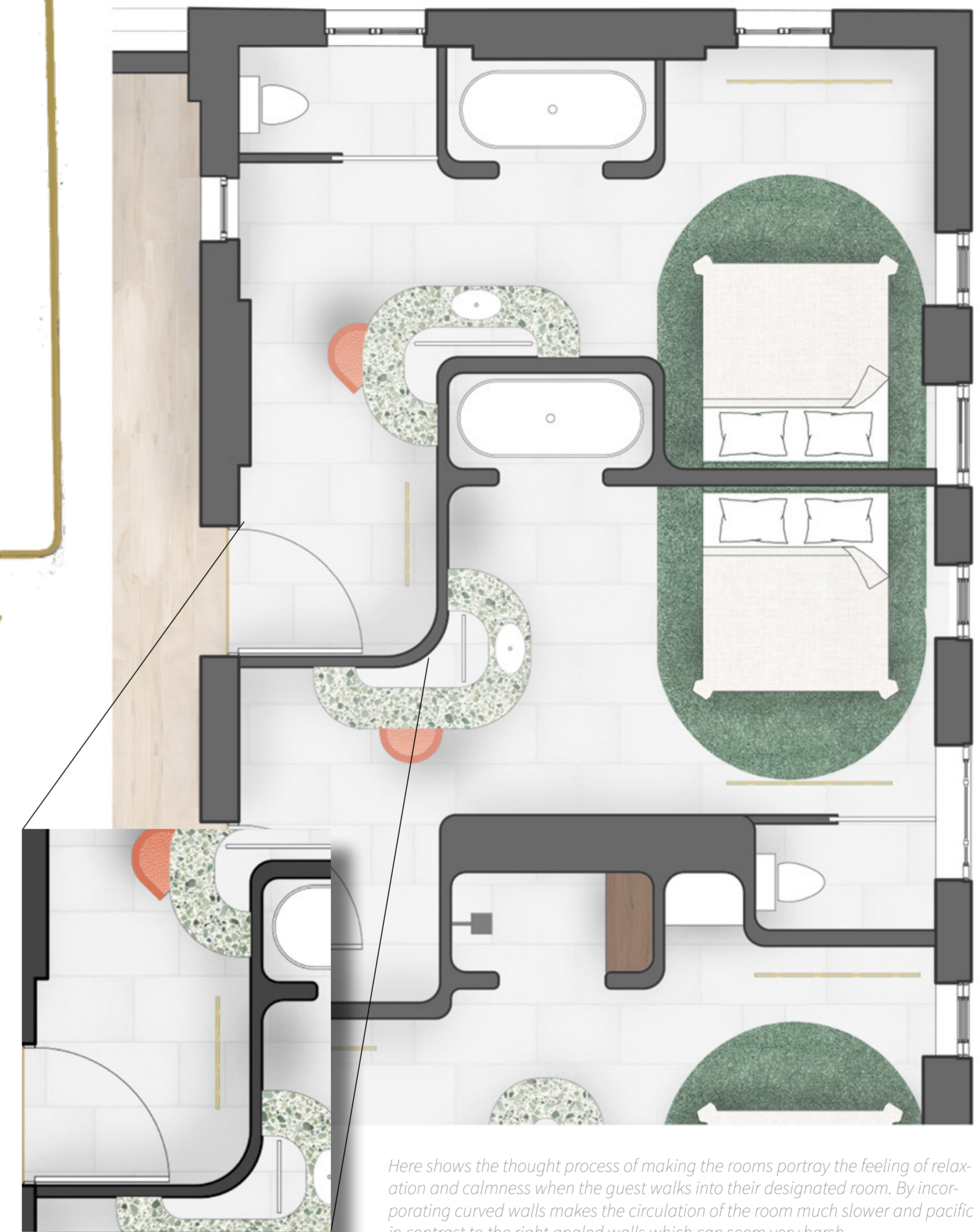
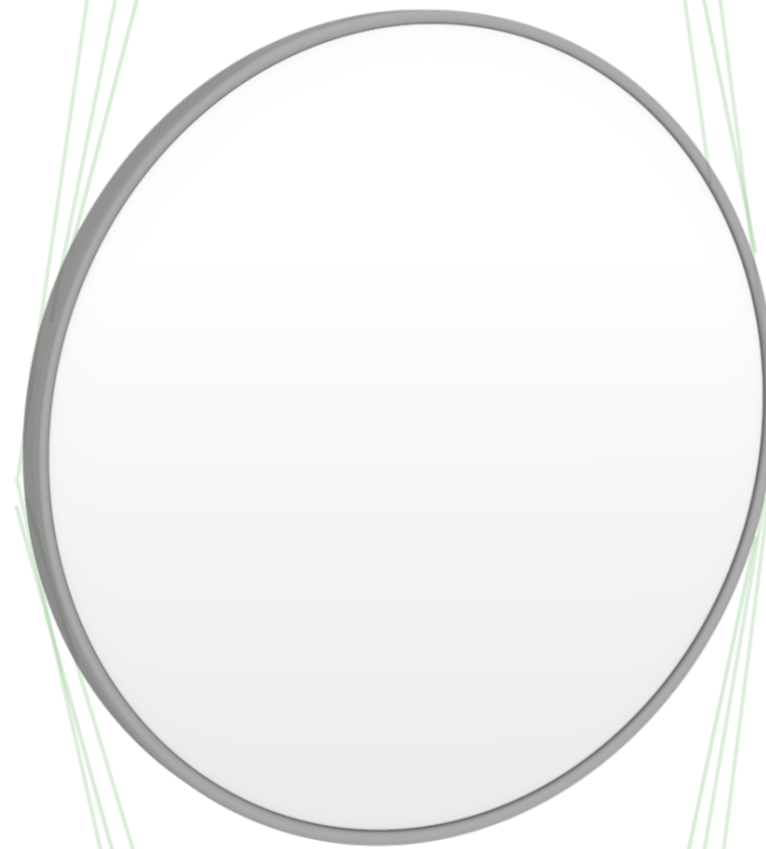
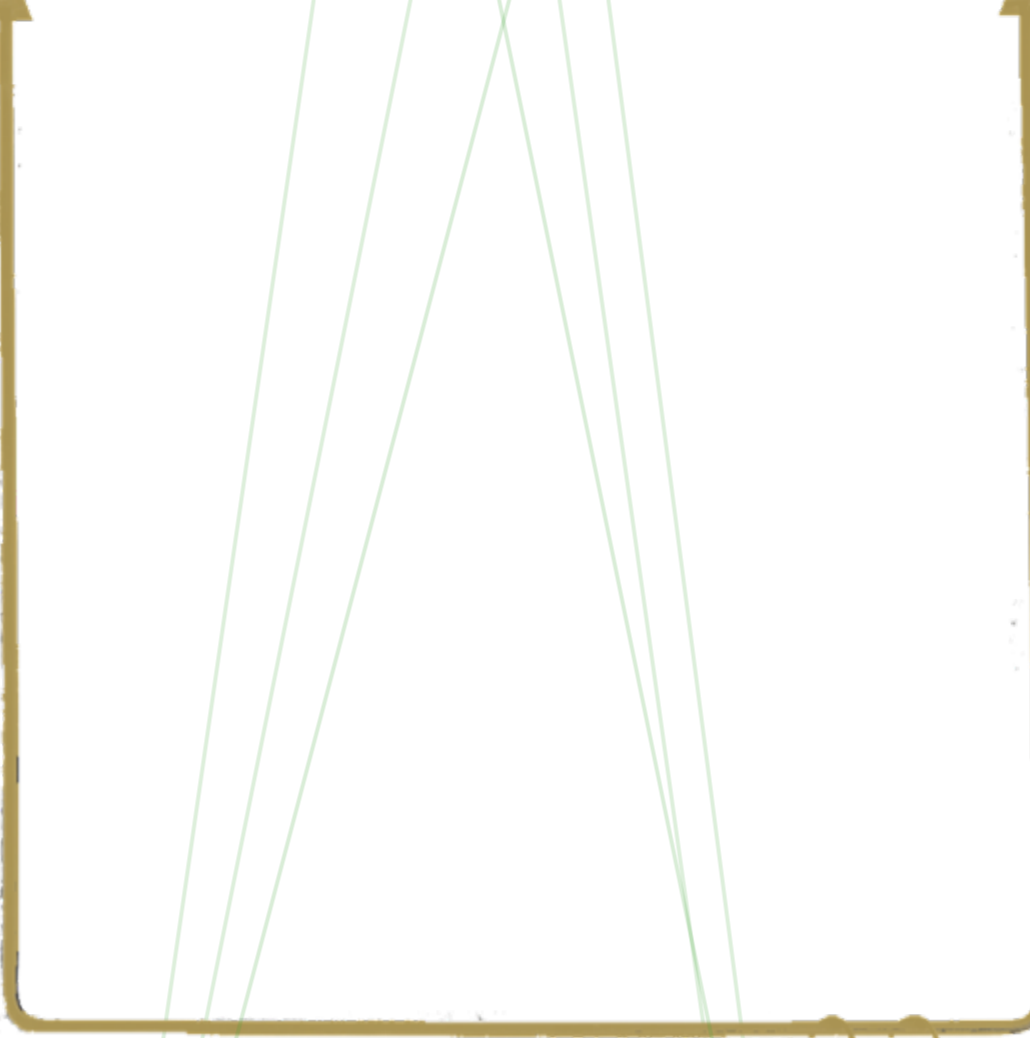
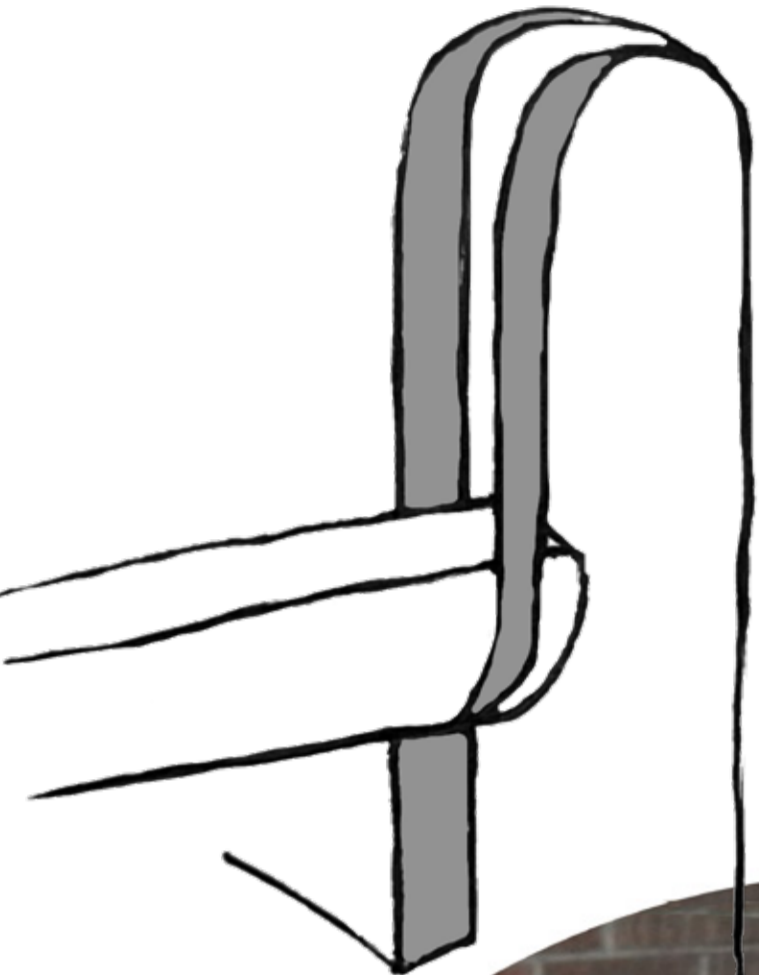
FIRST FLOOR PLAN
1:100

STRENGTH IN THE DETAILS

keeping fit

using elements in the space and creating special moments to represent the strength people need to have to keep pushing forwards towards a healthy lifestyle

A way of having the reception desk link to the concept of strength is by having a long table that just sits on a thin piece of metal on each end. The piece of metal is then seamlessly attaches to the arch creating a gap for the reception desk where it pops out on the other side as a sort of way finding for the guests



Here shows the thought process of making the rooms portray the feeling of relaxation and calmness when the guest walks into their designated room. By incorporating curved walls makes the circulation of the room much slower and pacific in contrast to the right angled walls which can seem very harsh.

The main design of the room is very open meaning that the bathroom and bedroom are not separated into individual rooms. This creates a more free space where they can roam around. The sink and desk area are joined together but separated by a mirror to give the illusion that they are in two different divisions.

Each floor also consists of a shower or bathtub to facilitate peoples preferences or even the mobility differences. For example some people with a bigger body may find it challenging to use a bathtub and this would be the opposite of the feeling the guest should have when taking a shower and that being a moment of happiness and relaxation



THE BODY LOUNGE - A space for people to relax and reflect and potentially socialise and meet new people

THE ROOMS - Rooms are located on four floors featuring different materials in order to give people a different experience if they were to use different rooms

THE VOID - A space that feels as though people are outside due to the double height space and sun roof however it is located on the ground floor.

THE RECEPTION - This is the final destination point when guests finish their journey on the ramp

THE BAR - A space for people to sit either by themselves or a couple for a drink and socialise

THE RAMP - Starting from the ground floor and gradually reaching the first floor. Giving people a view of the restaurant while on their way to the reception

THE FINAL DESIGN