

# Keeping the Heartbeat in the Community



## How it works:



# Keeping the Heartbeat in the Community

## Problem

Roby has a higher-than-average percentage of heart disease than the rest of the UK. This affects all individuals of the community as it can be caused by lifestyle choices such as diet, exercise, and genetics, therefore, leading to heart attacks, heart surgery and a higher percentage of at-risk individuals.



## Process

Research consisted of the exploration of public medical records, interviewing the community of Roby, and investigating medical conditions. This investigation led to the discovery of individuals experiencing anxiety going to a public gym, not having access to a nearby gym, and not exercising with similar individuals. Therefore, the combination of these worries naturally created a concept for a safe space for survivors of heart diseases, or at-risk individuals.



## Proposal

The proposed intervention is a preventative, and rehabilitative centre for survivors of heart attacks, heart surgery, at-risk individuals, and anyone affected by heart disease. It consists of a structured exercise program disguised in the setting of a community village. A ticket corresponding to what week post heart issue the individual is at will provide tasks to complete that mimic the development of recommended exercises each week.



*I have completed my journey to continue on my life superbly*

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E Q U A L I T Y   D I G N I T Y   C O M M U N I T Y   S U P P O R T

Health diversity is the principal belief of the programme, therefore, it offers both rehabilitative and preventative measures to ensure each and every community member has the opportunity to take back the control over their health.

Reintroducing users back into the community is integral to the programme as many individuals feel scared and uneasy returning back into everyday life. Therefore, by providing a space to rehabilitate, try new things, and meet new people in similar positions, it makes that step a little bit easier.

The programme is integrated within the community to ensure that users are surrounded with individuals with similar issues, and allowing the process for the bonding over shared trauma. It further strengthens the community by creating connections to new individuals and businesses through the taster classes.

The programme runs counselling sessions for individuals, families, and group sharing sessions. These will be implemented into the weekly tasks to ensure users are given the opportunity to express their feelings and be supported through these times.



75% OF KNOWSLEY CATEGORISED AS OBESE

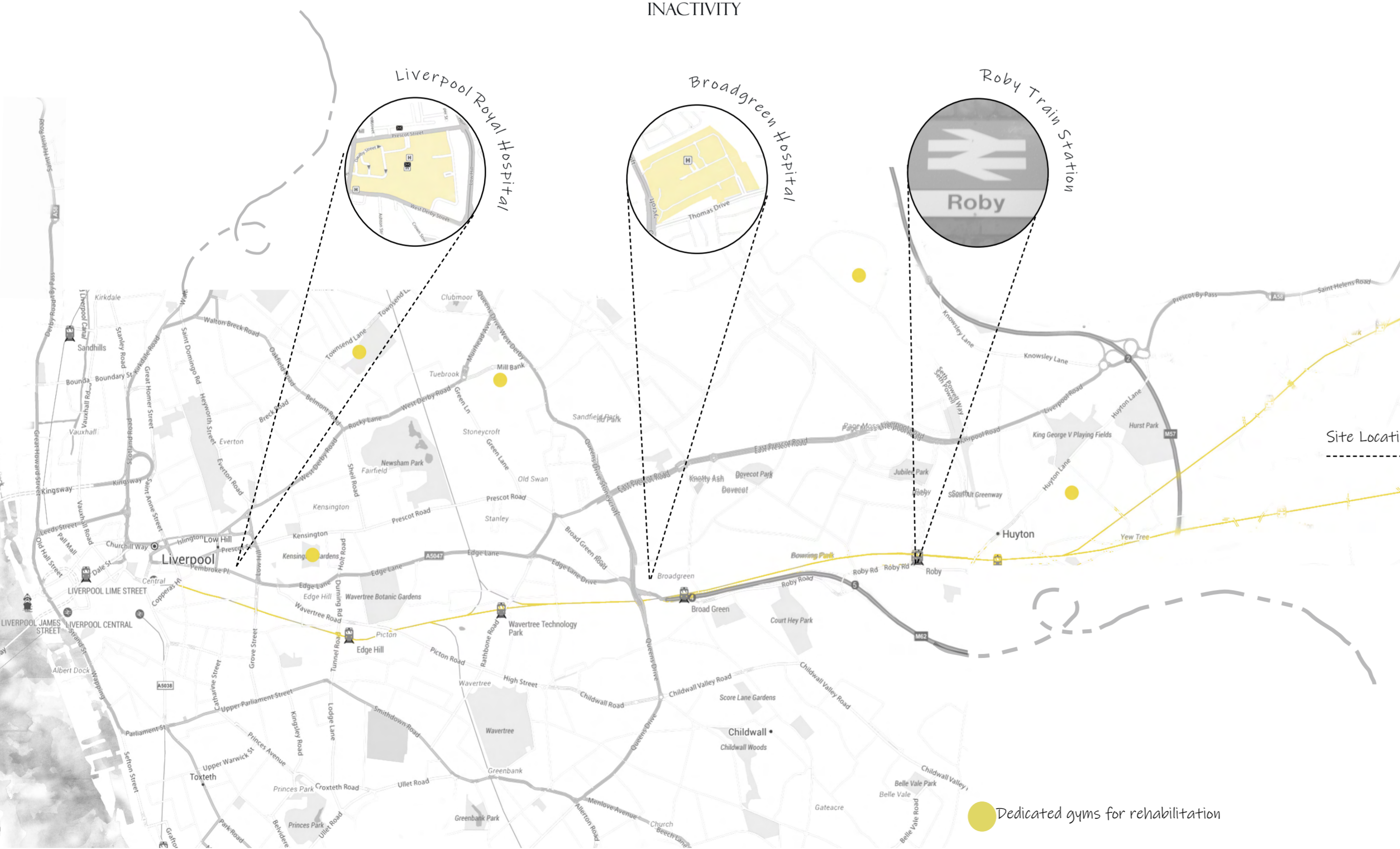
had anxiety when going to the gym  
**78%**  
OF POST HEART ATTACK INDIVIDUALS

**780 DEATHS PER YEAR**  
DUE TO PHYSICAL INACTIVITY

wished for a fun approach to exercising  
**63%**  
OF POST HEART ATTACK INDIVIDUALS



£6.1 BILLION COST TO NHS TREATING OBESITY

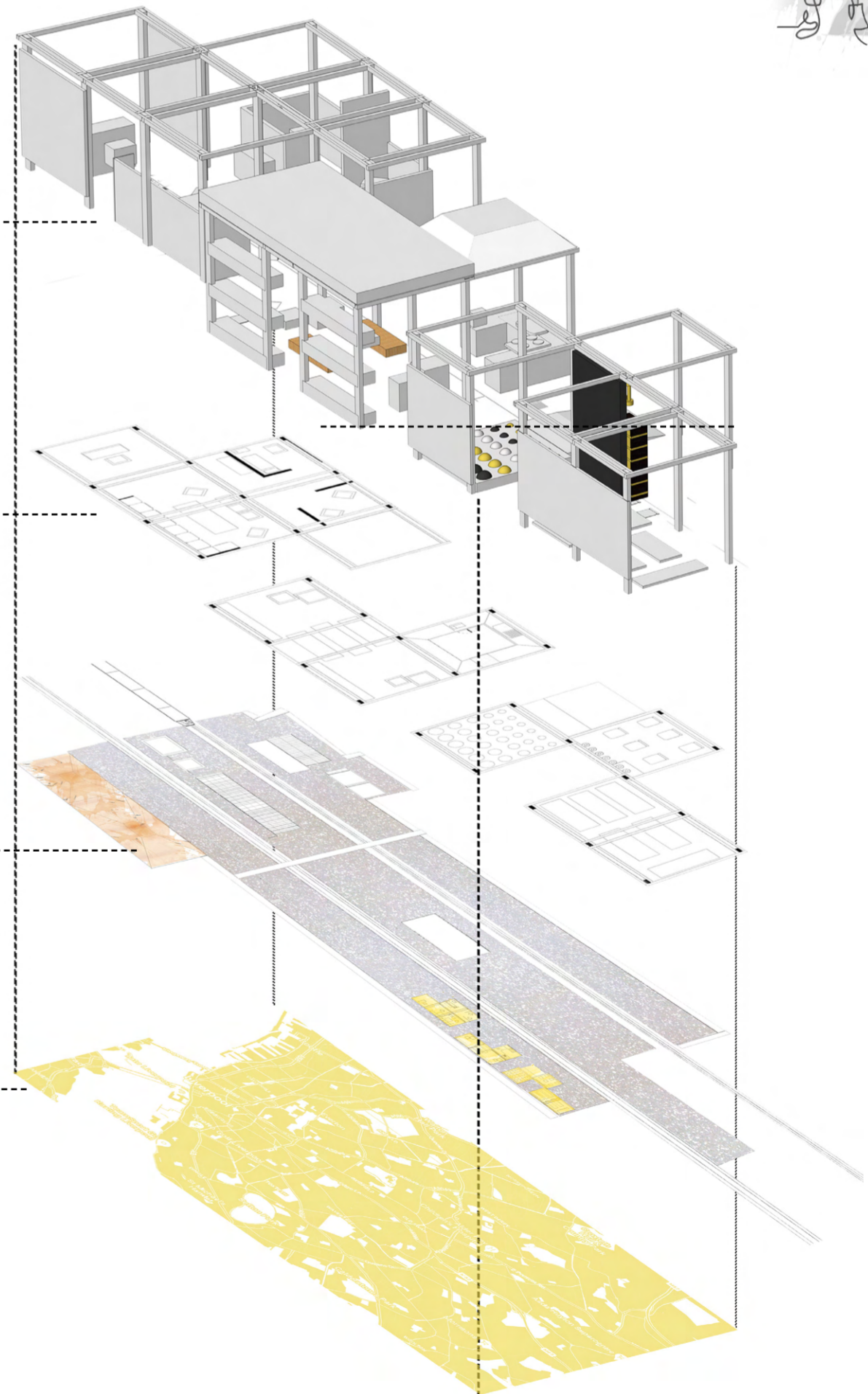


3D Rendering of Concept

Floor plan of Concept

Site Location of Roby Train Station

Map of Liverpool



● Dedicated gyms for rehabilitation

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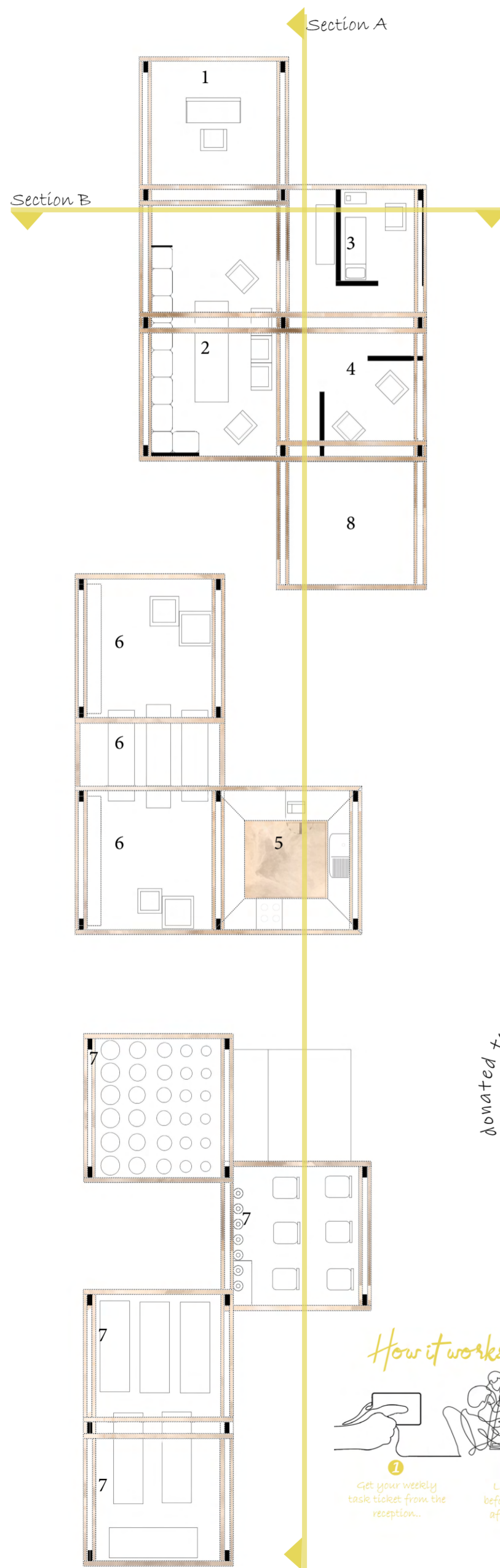
C O N C E P T

R E S E A R C H

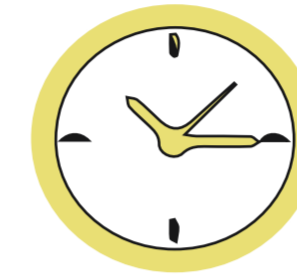
A preventative and rehabilitative program for survivors of heart attacks, heart surgery, at-risk individuals, and individuals who would like to exercise more.

It is a task orientated program based on recommended weekly exercises post heart attack, or surgery.

Seminars are given for healthy eating, healthy recipes, CPR training, different types of exercises, and will continue to develop throughout the program.



Digital portrayal of weekly task ticket provided to the citizens.



The rehabilitation centre will be open 10AM-4PM everyday.



## MATERIALS

All materials were carefully chosen to be sustainable, durable and aesthetic.

The materials needed to withstand all weather types and be easy enough to clean



### How it works:

