

Whilst waiting to start... please follow the QR code...



Wellbeing impact through Architecture+Design

Understanding our own
motivations+awareness.

Just 5 simple questions...Self
discovery in 30 to 60 secs.

First name *

Last name *

Email *

[Let's GO](#)



Thank you for your support!

Architecture+Design
Discourse towards Wellbeing+Happiness

Frven Lim | Lecture series 2024

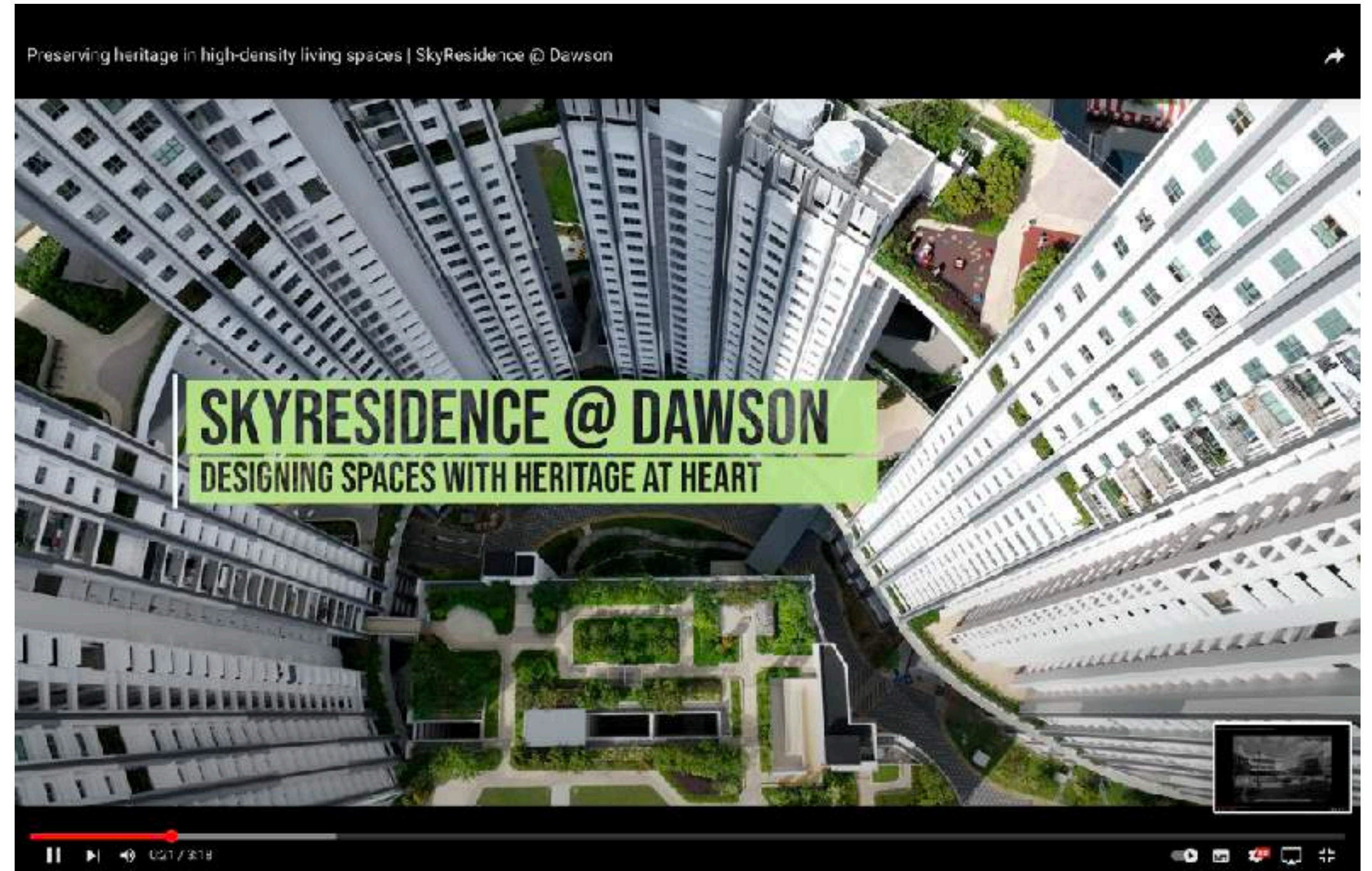
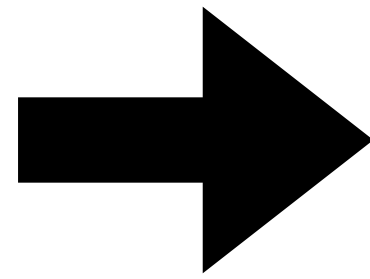
WHAD



2007 - 2023
Conceptualised - Completed

WHAD

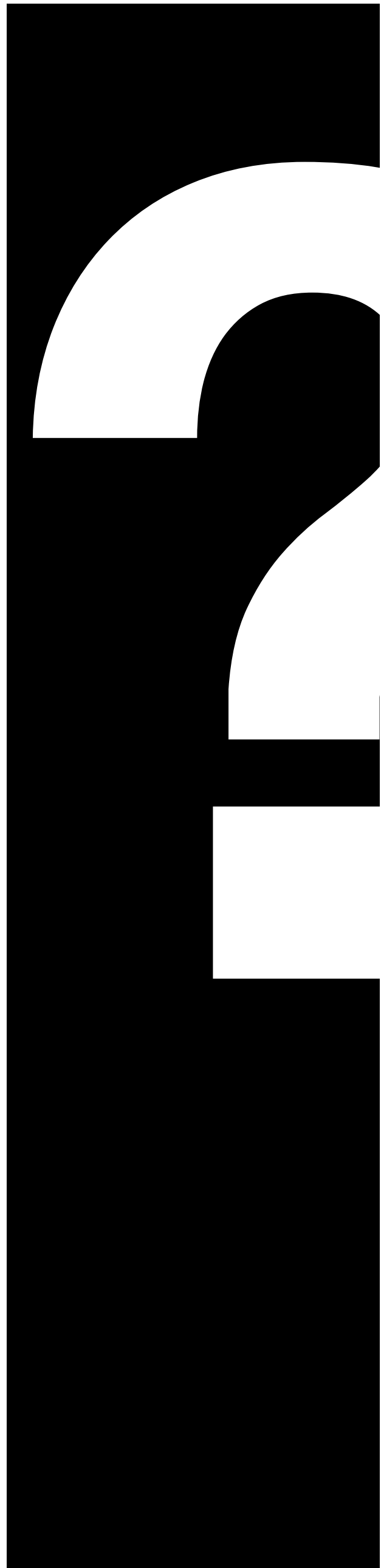
SkyResidence@Dawson
Singapore
[SurbanaJurong]



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Singapore
[SurbanaJurong]



An Architect

Job?

Career?

or

Calling?

WHAD



W+**ELLBEING**
H+**APPINESS**
A+**RCHITECTURE**
D+**ESIGN**



WHAD





FLYT architecture... 1999 to 2023



QR code to
“Selected works
1999-2015”





Frven Lim: Author, Coach, Consultant, Keynote Speaker



Professional
architectural
experience with
wellbeing focus



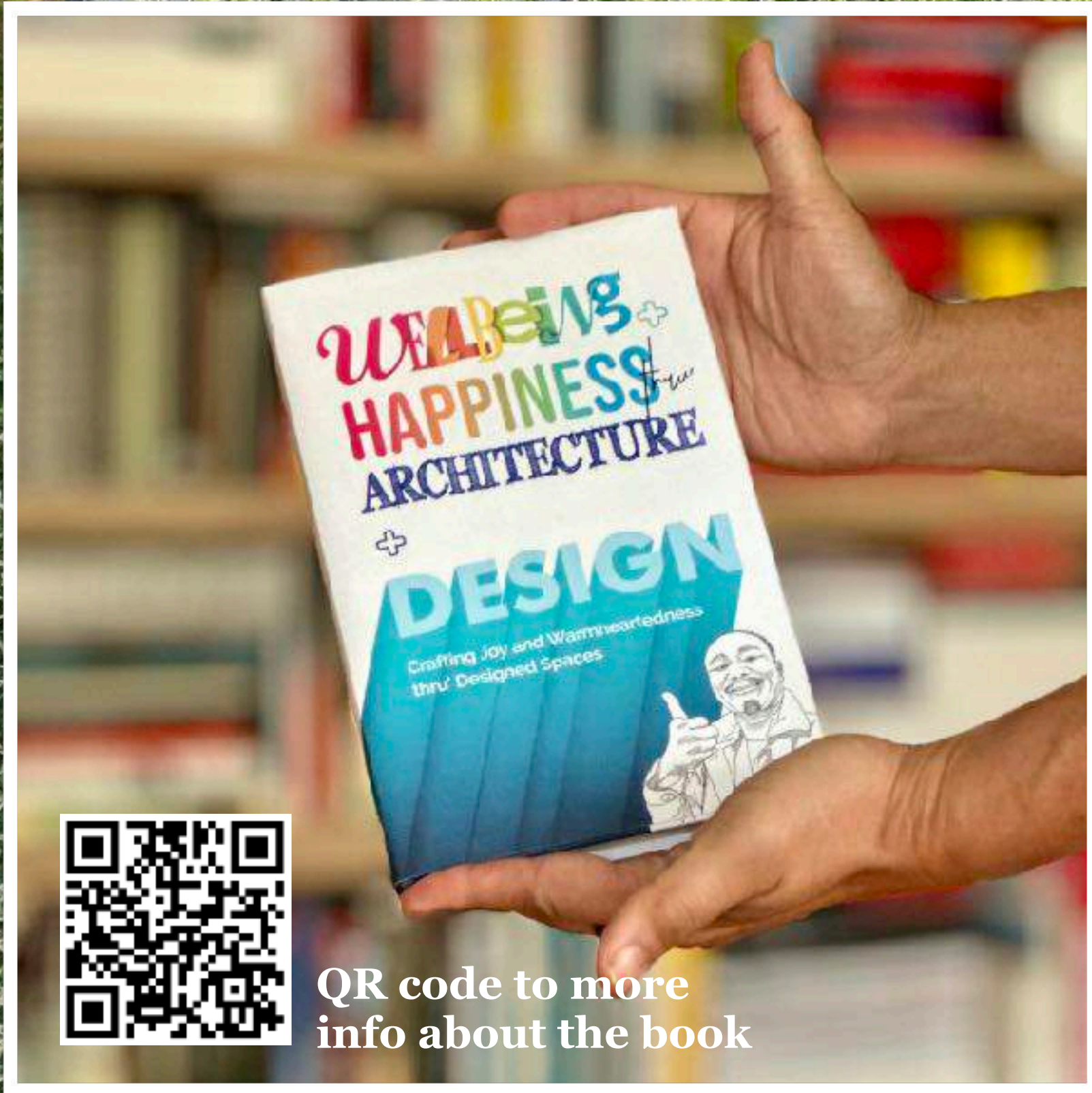
Philosophy



Happiness as E+G+M



Why I wrote the book



Book launched
2023 summer

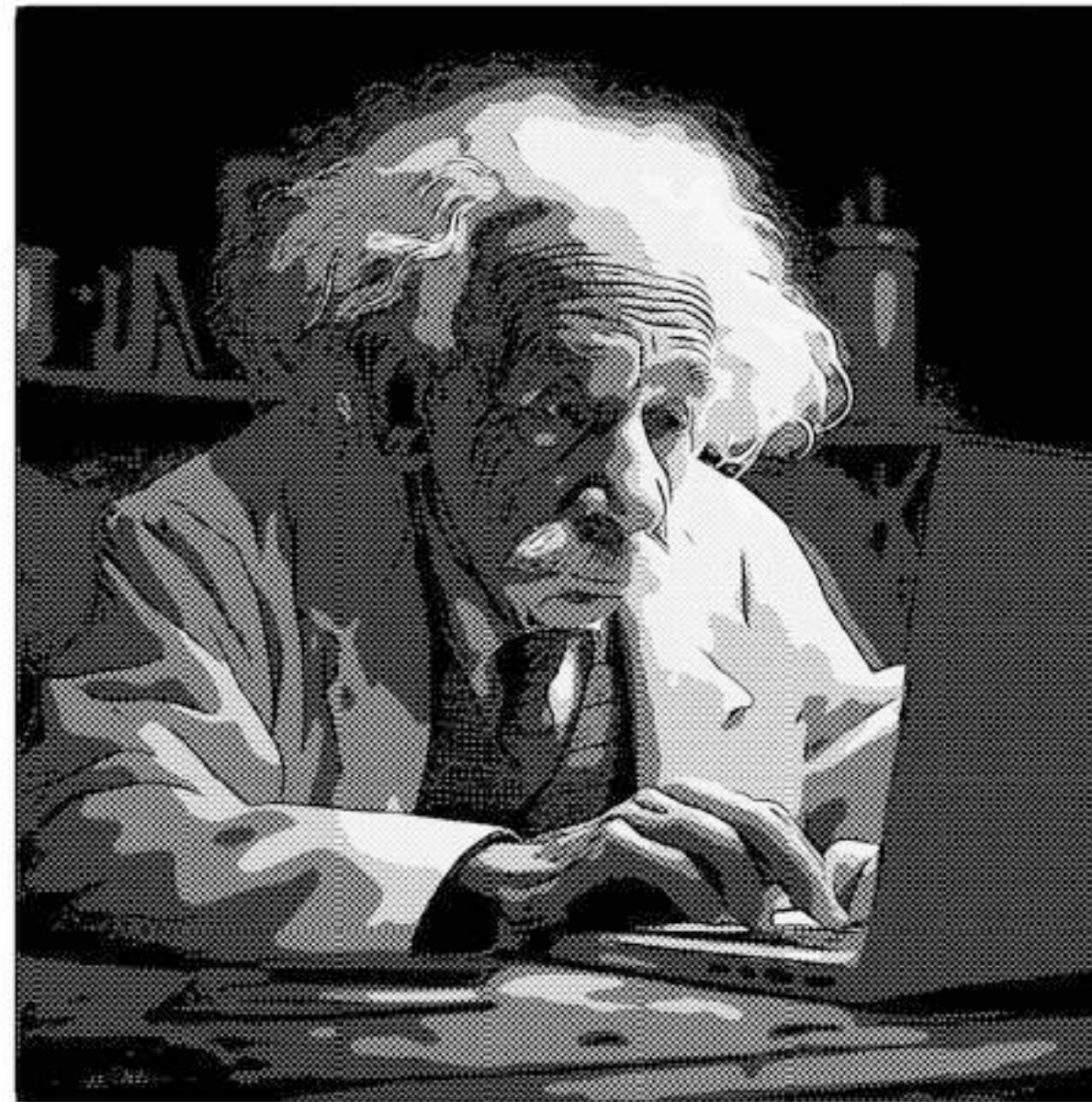


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$$\mathbb{H} = E + G + M$$



What quest would Einstein be on if he is here today?

WHAD

...about  HAPPINESS

Experiences

Growth

Meaning



Experiences

Growth

Meaning



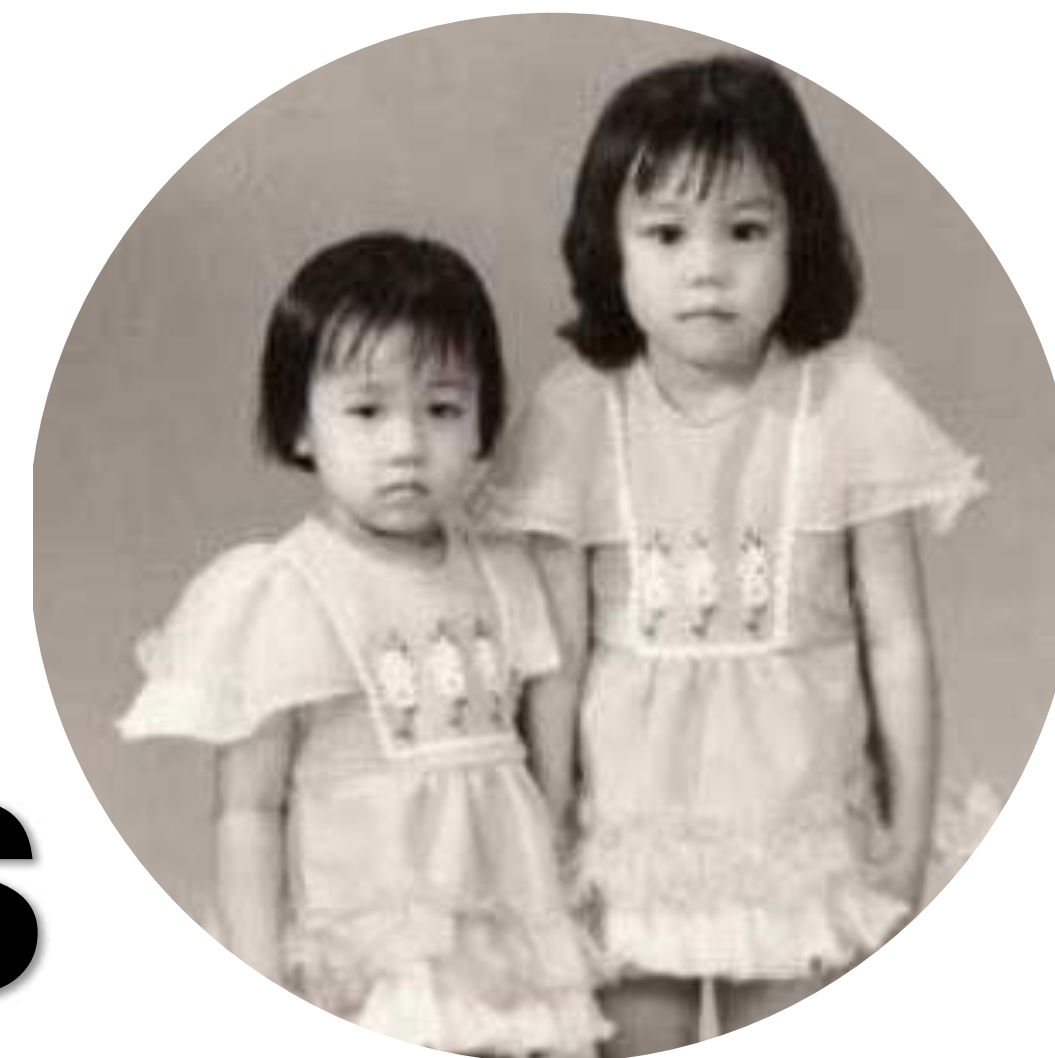
Experiences

Growth

Meaning



Experiences Growth Meaning



...about  WELLBEING

If we use architecture mindset speak...



... hospitality?

WHAD

The Biltmore LXR
Mayfair, London
[DP Architects]



... hospitality?

WHAD

The Biltmore LXR
Mayfair, London
[DP Architects]



... hospitality?

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The Biltmore LXR
Mayfair, London
[DP Architects]

...serenity?



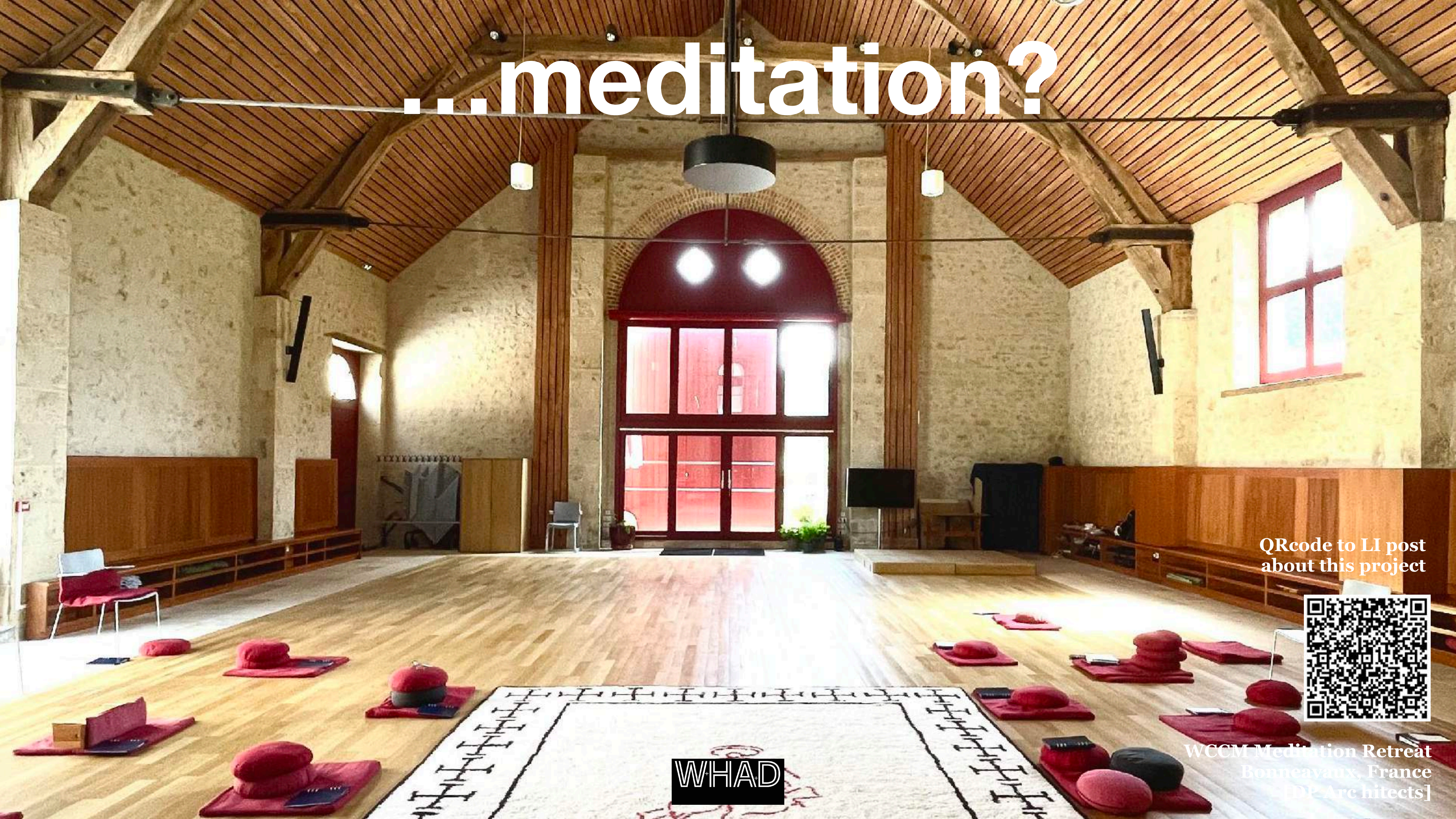
QRcode to LI post
about this project



WHAD

WCCM Meditation Retreat
Bonnevaux, France
[DP Architects]

...meditation?



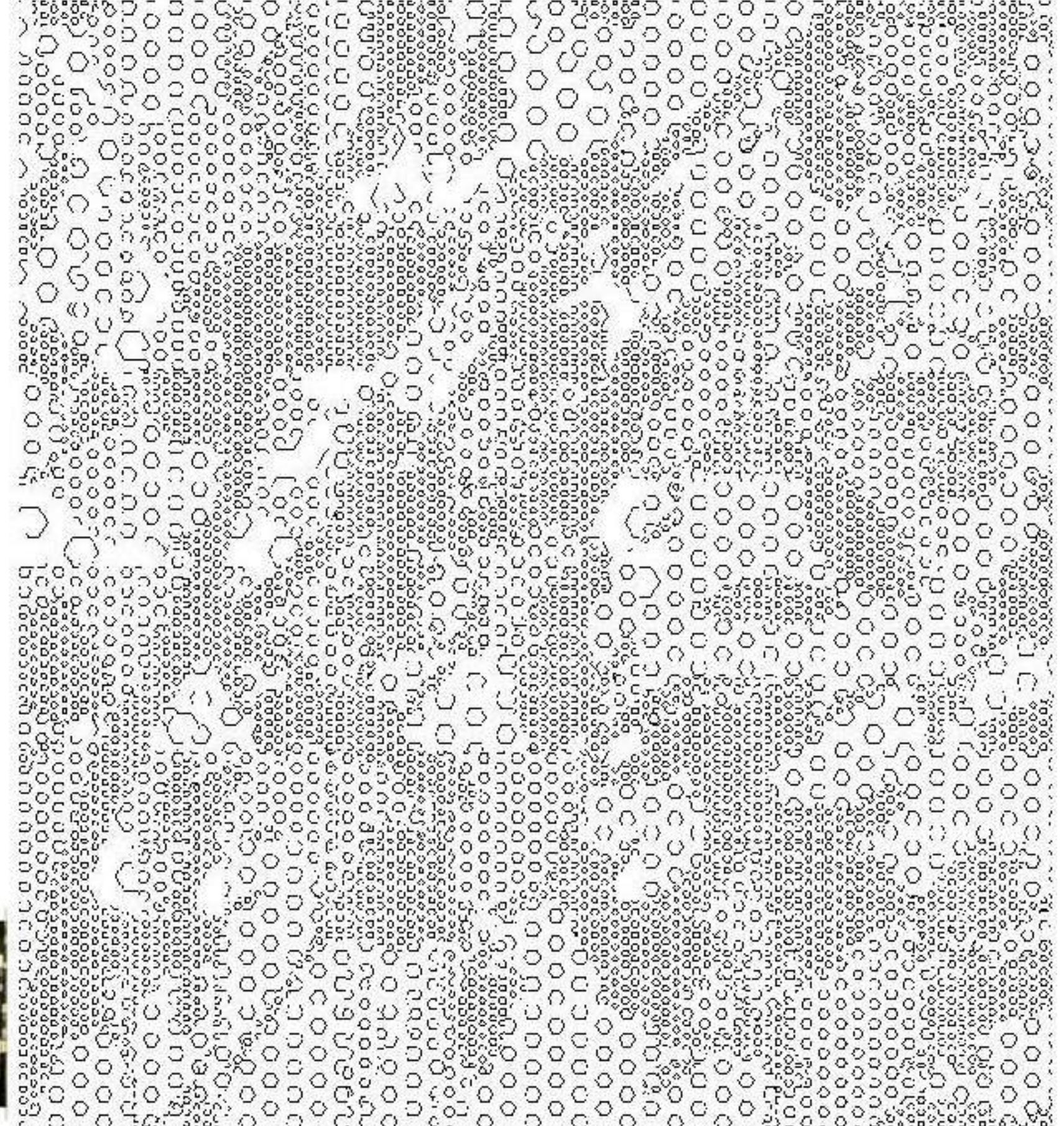
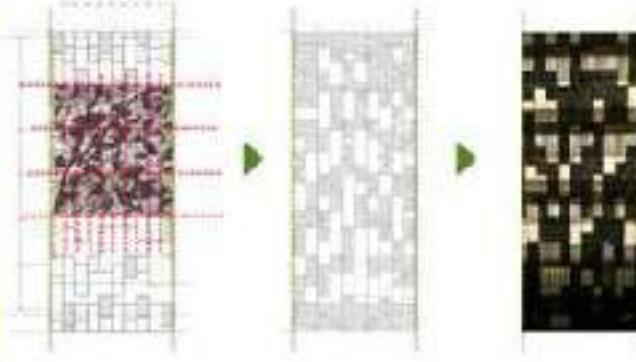
QRcode to LI post
about this project



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WCCM Meditation Retreat
Bonnevaux, France
[DP Architects]

...biophillicia?



...biophillia?



Repeat Image
(Mirror)

Repeat Image
(Mirror)

14500mm

Repeat Image
(Mirror)

1

2

3

4

5

6

WHAD

JTC's CleanTechOne
Nanyang Avenue, Singapore
[SurbanaJurong]

...biophillicia?



WHAD

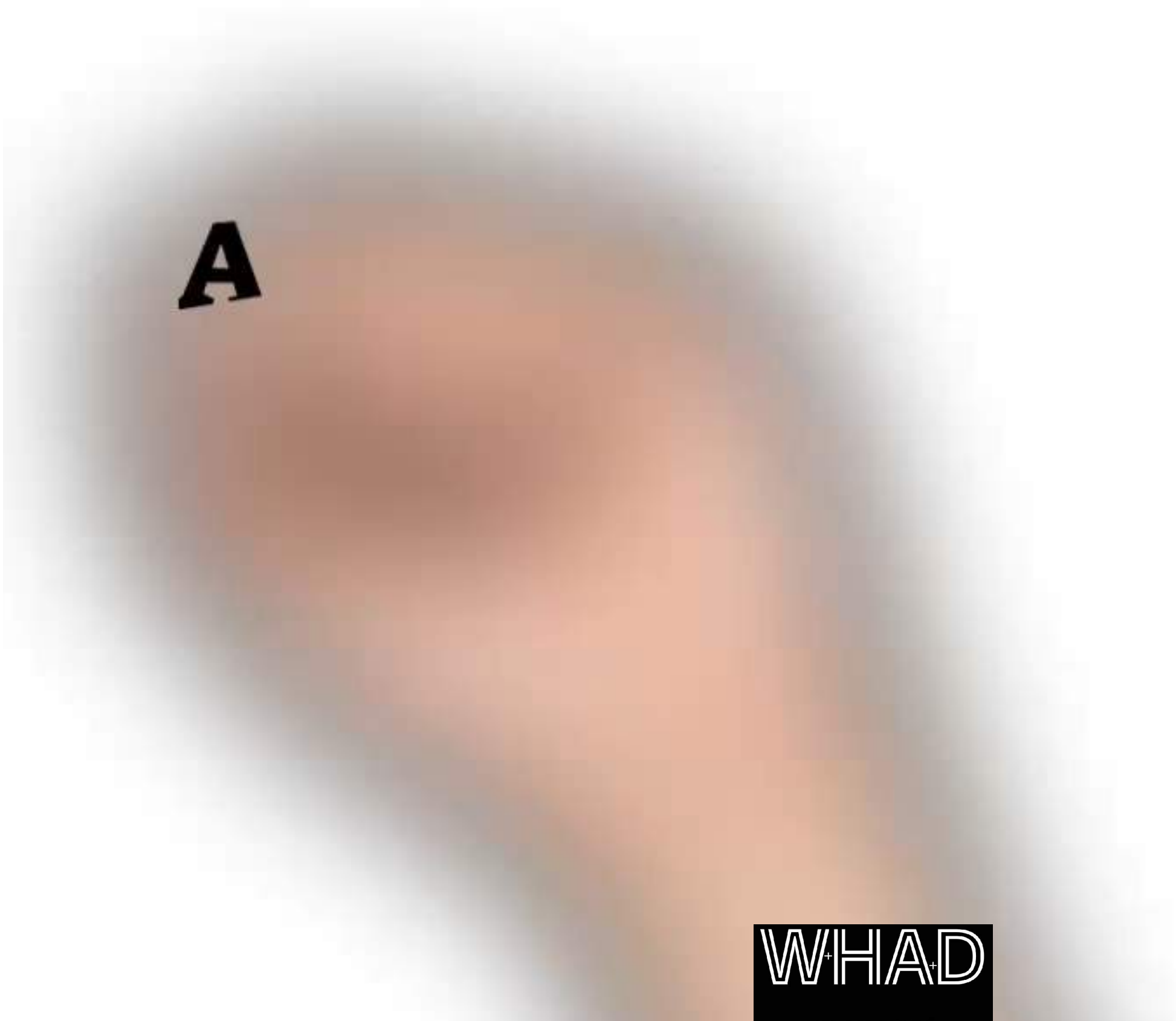
JTC's CleanTechOne
Nanyang Avenue, Singapore
[SurbanaJurong]

...sustainability?



WHAD

SDWA Aquatic Science (Research) Ctr
Sungei Ulu Pandan, Singapore
[SurbanaJurong]



QR code to
LinnkedIn post
with this video



② **Water**

⑤ **fitnEss**

④ **Light**

⑦ **L**

①

⑥

m

B

ARCHITECTURE

i
r

o
m
f
o
r
t

n
d

⑧ **Innovation**

③ **Nutrition**

G





DRAWING: EVOLUTIONARY POSES OF THE CAVEMEN,
PRESCRIBED BY HIS DAILY ROUTINES.
Source: Authors own drawing

CHAPTER 7

MODERN DAY CAVEMEN

YOU CAN TAKE THE PERSON OUT OF THE STONE AGE, NOT THE
STONE AGE OUT OF THE PERSON. ²⁰

NIGEL NICHOLSON

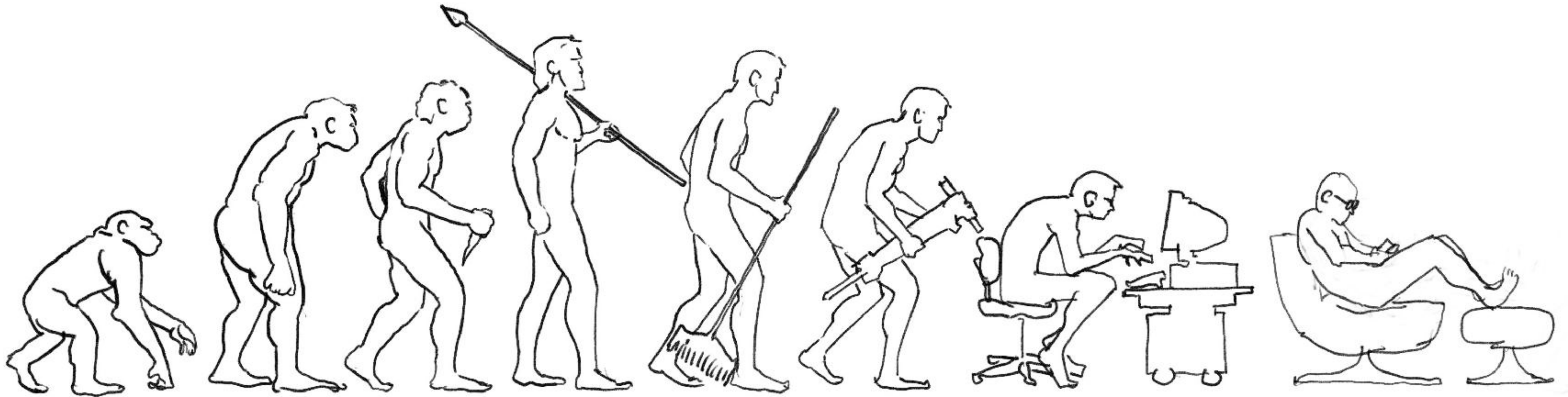
The caveman is a descriptive word that literally means men who live in caves. The cave of primitive man has evolved to become our homes, ones that are built. And we have today an wide array of interventions and treatments we can apply to our modern caves. Do we still adorn the walls with our markings to record our hunting trips or the unusual flora and fauna we have encountered? Instead of ferns and moss naturally finding a foothold, are there indoor plants?

For me, I strongly believe that we are a modern and slightly more technologically advanced version of cavemen. Almost all of our intuitive mindset and spatial registers are still active, and function in our current environment.

Although we are a lot more advanced and do things in a more sophisticated way, we are hard-wired to still operate like cavemen. I often jokingly

QR code to
more info
about the book





WHO highlights high cost of physical inactivity in first-ever global report

19 October 2022 | News release | Geneva | Reading time: 3 min (815 words)

Almost 500 million people will develop heart disease, obesity, diabetes or other noncommunicable diseases (NCDs) attributable to physical inactivity, between 2020 and 2030, costing US\$ 27 billion annually, if governments don't take urgent action to encourage more physical activity among their populations.

**QR code to
Webpage with more info**



Our Sedentary Lifestyle

25% of adults and 75% of adolescents fail to meet the WHO physical activity guidelines

(WHO, 2020)

Sedentary lifestyles are a growing concern, intensified by changes in how we use and inhabit spaces.



QR code to
ANFA presentation
(17min)



What design solutions can increase movement and battle inactivity at the workplace?



20th Conference, Academy of Neuroscience For Architecture

Abstracted from recordings by ANFA | held at University of California San Diego]

Presented by Andrea de PAIVA (NeuroAU) and Frven Lim (DPA / WHAD-FLYT)

The image shows a video player interface. The main content is a presentation slide for 'stair WELL'. The slide features the 'stair WELL' logo and text: 'Within WEL Skyscraper', 'Visual Ideation Of potential App / IoT / smart Integration', and '[ScreenRecording for illustration only]'. A central image shows a smartphone displaying the 'stair WELL' app. The app interface includes a user profile for 'CHOW CHEE WAI', a route 'En Route to EatWELL', a navigation instruction 'Go up to Lvl 20 via stairWELL', a floor plan diagram with a highlighted path, and a bottom status bar showing '12:50 arrival min' and '180 metres'. To the right of the slide is a video frame showing a man in a suit speaking at a podium. Below the main content is a video player control bar with a red progress line, a play button, and a timestamp of '15:12 / 16:59'. A small thumbnail of the presentation slide is visible in the bottom right corner of the video player.



QR code to ANFA presentation (17min)



Q

How can design foster healthier behaviours?

Can stair designs be enhanced to induce individuals to opt for using the staircase over elevator/lift?

How and which design interventions can help to encourage occupants to use an existing staircase more frequently?

stair **WELL**



AFFORDANCE

REACH ANOTHER FLOOR

HEALTHIER BEHAVIOR

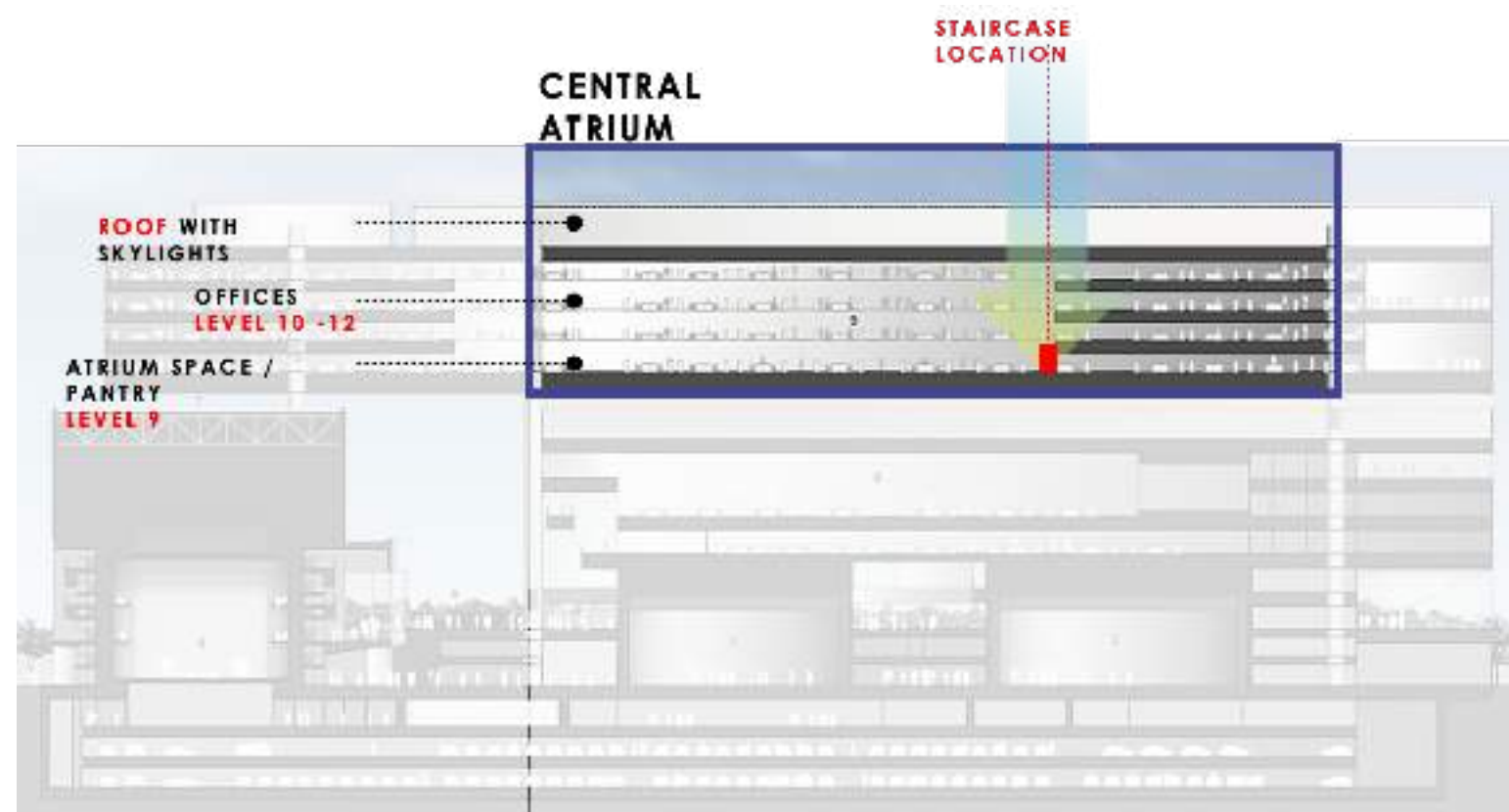
Participants:

Employees of a major company in Singapore.

Measures:

Sensors placed at the staircase counted the number of people using it on each day.

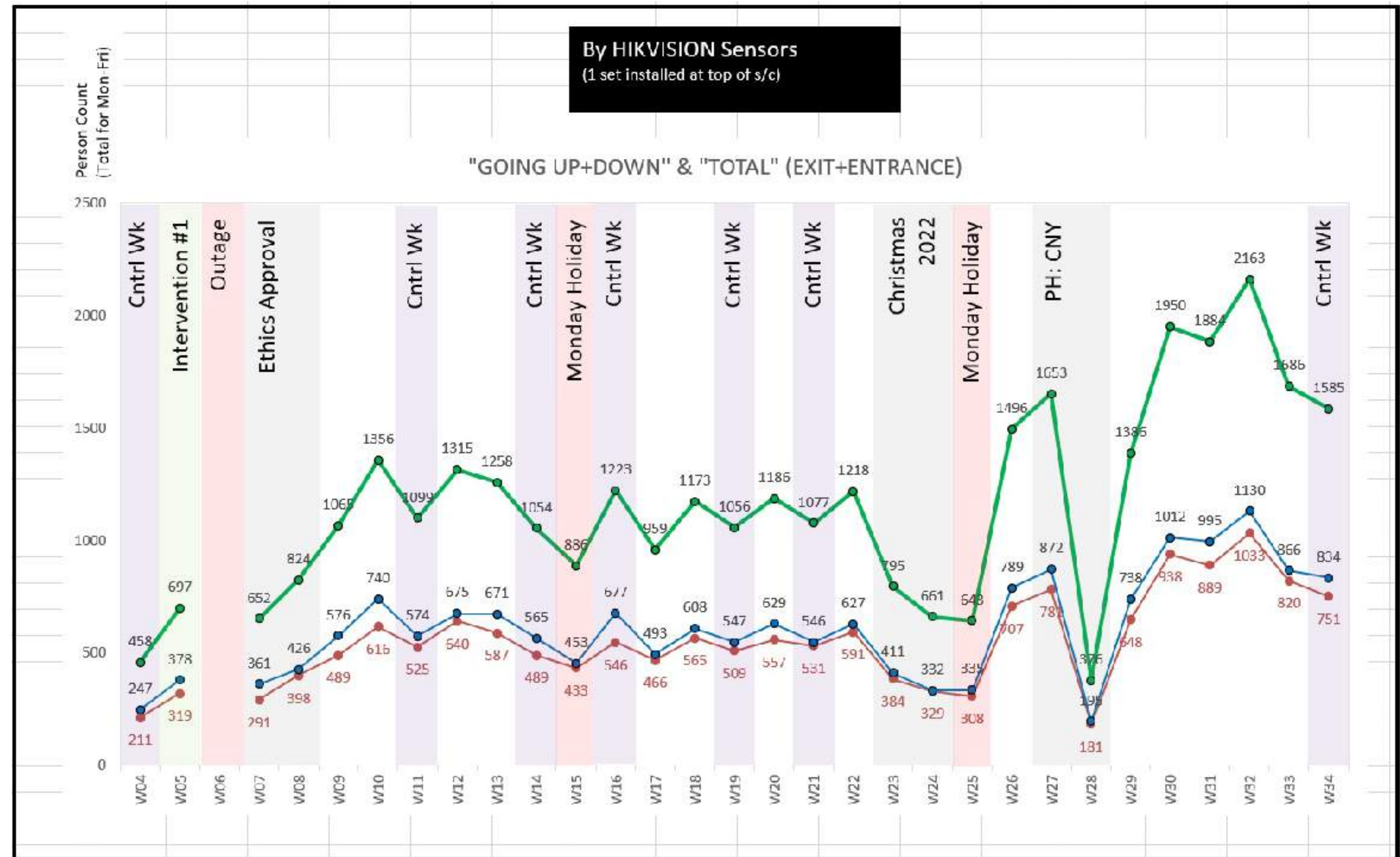
Data reported include the sensors data at the beginning and end of the staircase, as well as the total.

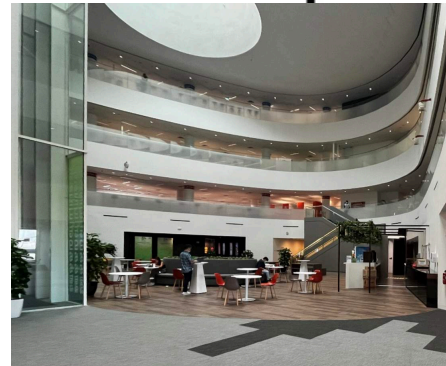
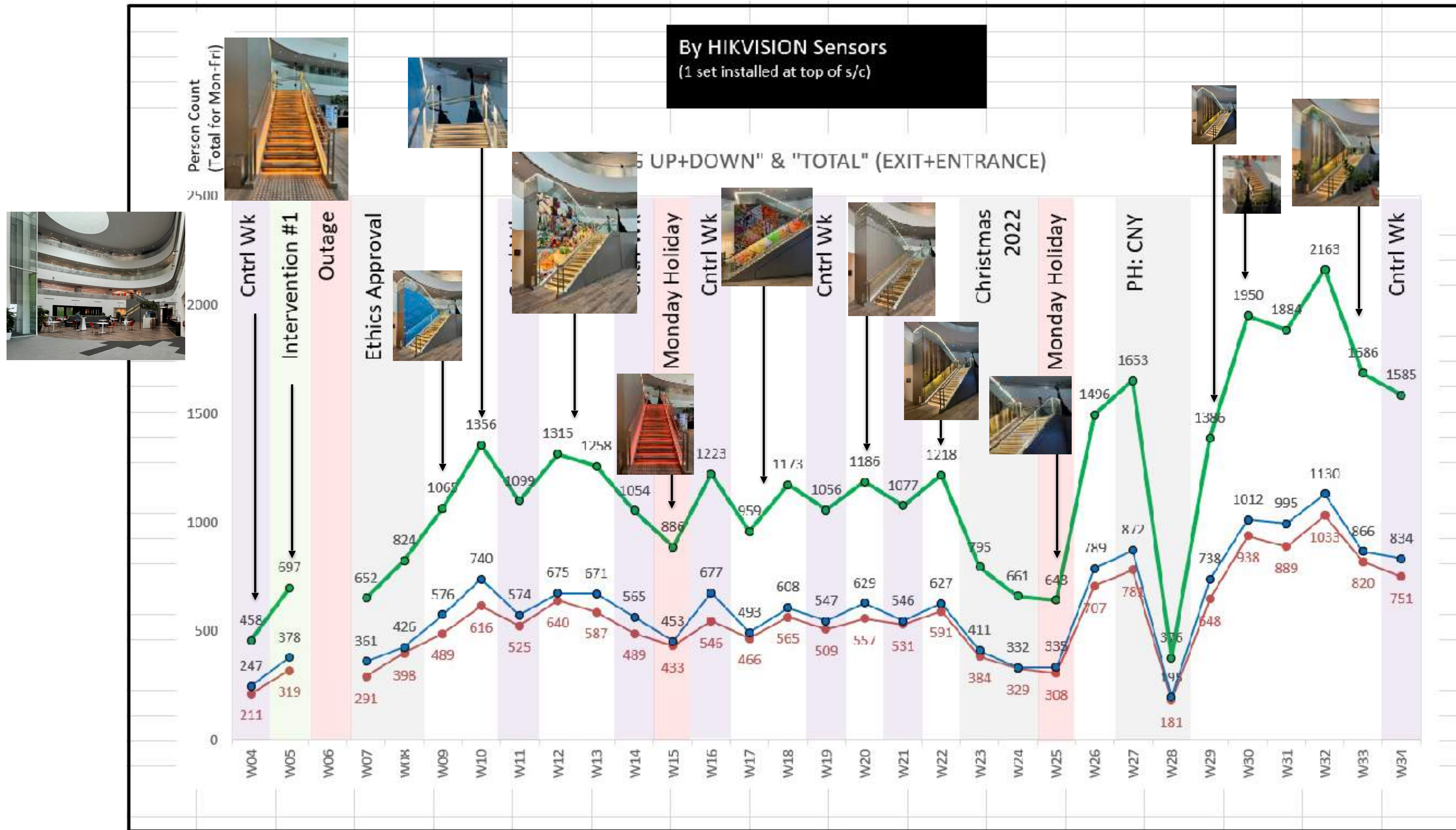


Experimental design:
Field experiment.

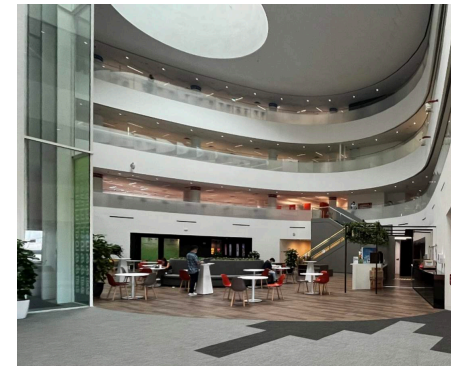
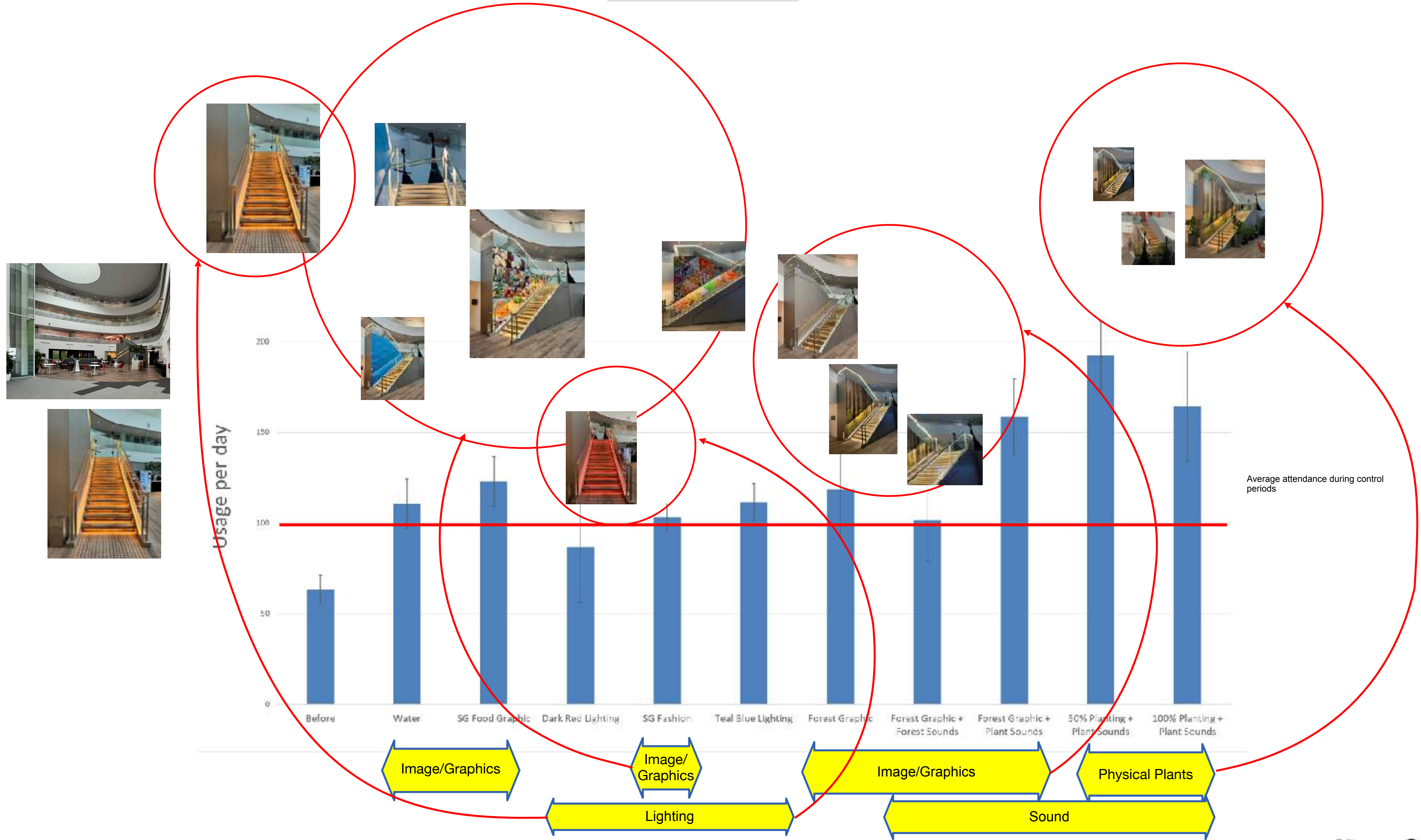
Interventions:

- **Where:**
Existing staircase in the atrium of an office Building in Singapore.
- **Duration:**
Each intervention administered for 5 consecutive days (Mon-Fri) over 34 weeks.
- **Frequency:**
Interventions were alternating with control weeks, where no design was applied (the staircase was as before).





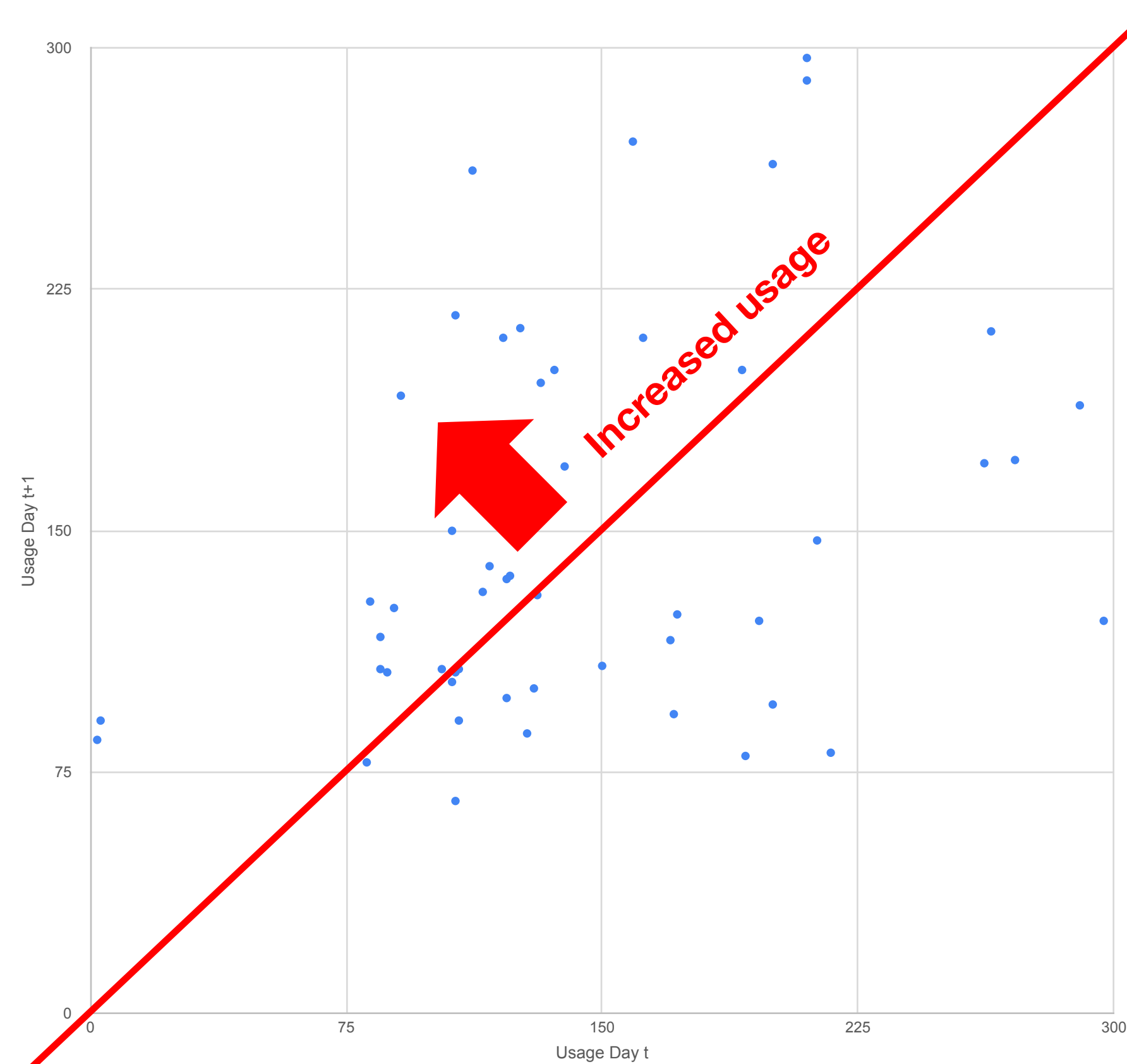
stair **WEL**



PROOF OF CONCEPT

[Research Findings :
Analysis by Dr Georgios Christopoulos and Chan Yuan Ni]

Do interventions sustain behaviour?



(*Fridays that typically have low attendance were removed)



More than Novelty Effect?

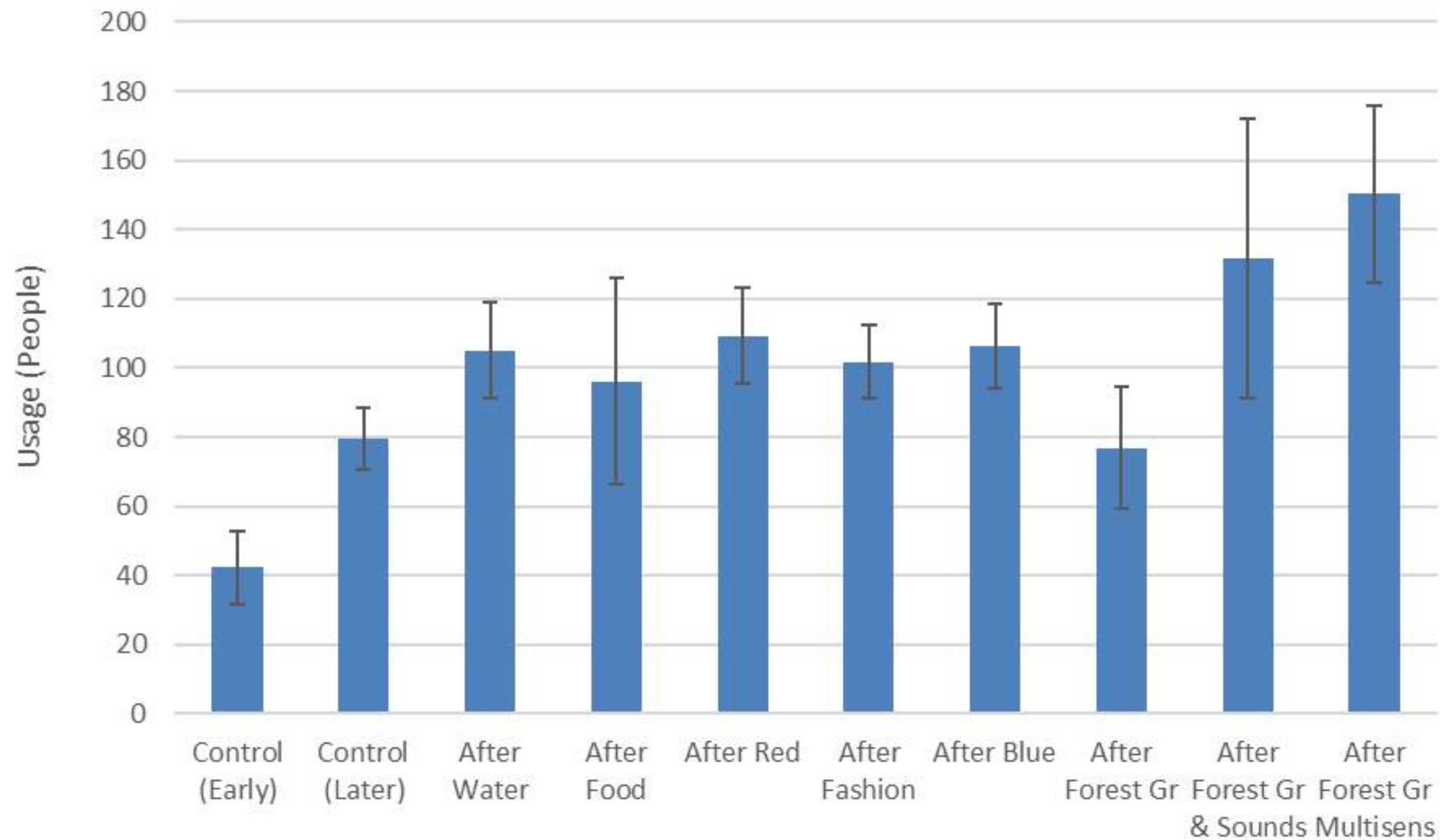
This is a critical question, as it can be claimed that any design/ intervention creates (just a) novelty effect.

The data collected revealed that there is slightly more use of the stairs on Day+1, although this comparison is not significant enough to form a definitive hypothesis.

PROOF OF CONCEPT

[Research Findings :
Analysis by Dr Georgios Christopoulos and Chan Yuan Ni]

Which interventions has better
long-term effects?



Effective for Habit Formation?

These data are based on the week after the intervention, ie control week.

It reveals the increase that had remained, which can be the result of the impact effected on the persons.



Design **can trigger+stimulate** habits for movement/activity.



Impact caused by Design have potential for **Effects that can last.**



Amongst the various Design Interventions tested, **nature-embedded attributes** appears more impactful.



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 **GOOD DESIGN RESEARCH**

stairWELL toolkit

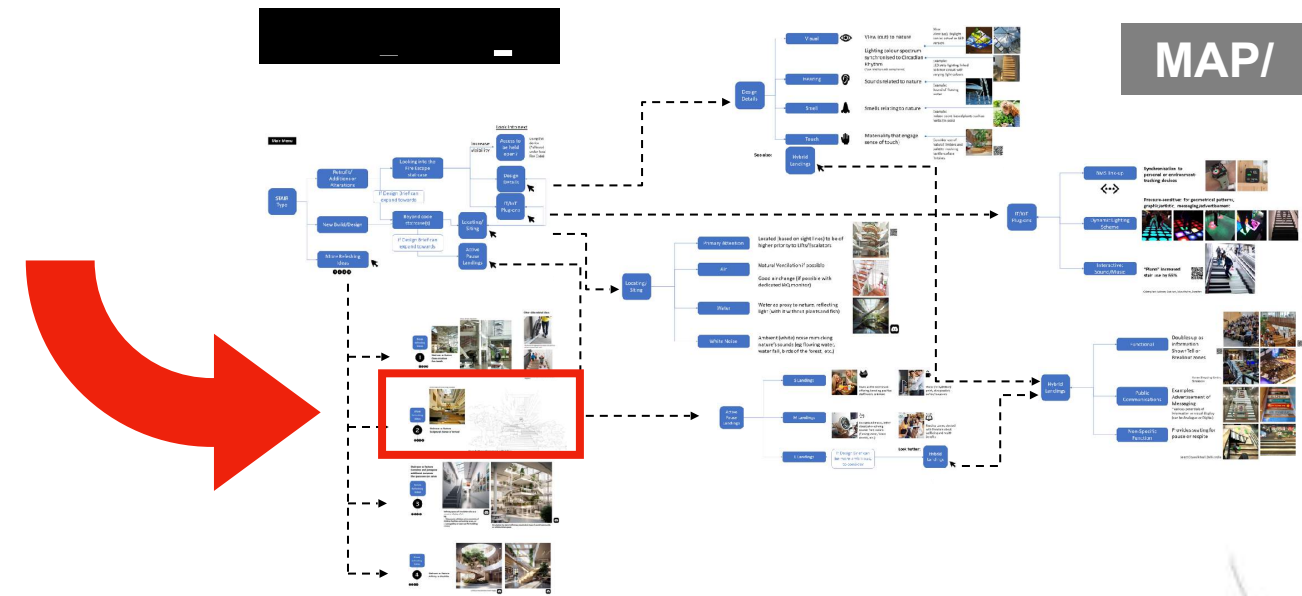
[BETA: For non-residential projects]



stairWELL toolkit

[BETA: For non-residential projects]

stairWELL



MAP/

Next



Undisclosed Office Building, Kolkata

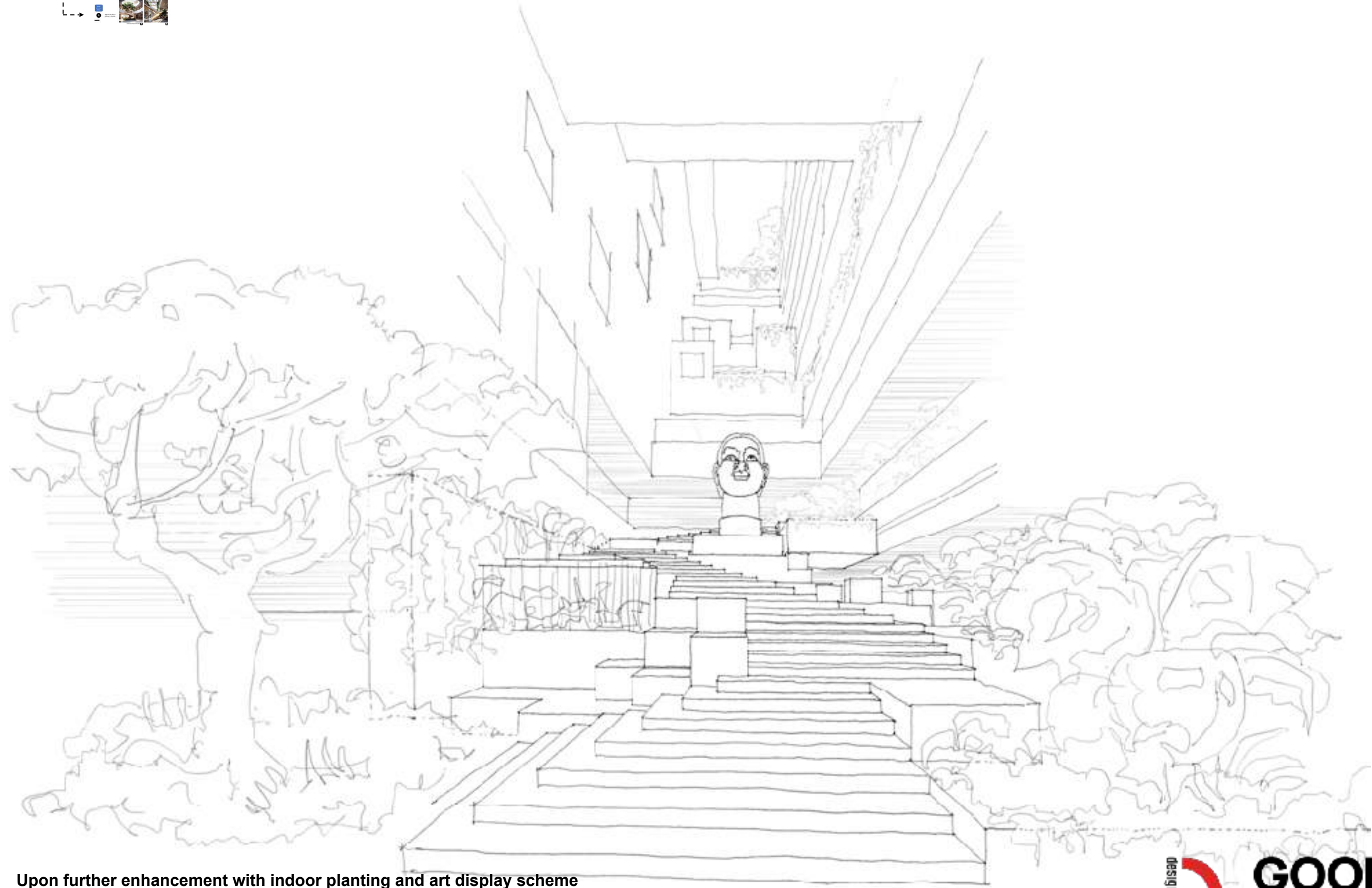


Staircase as feature
Sculptural: Sense of Arrival

More Refreshing Ideas

2

1 2 3 4



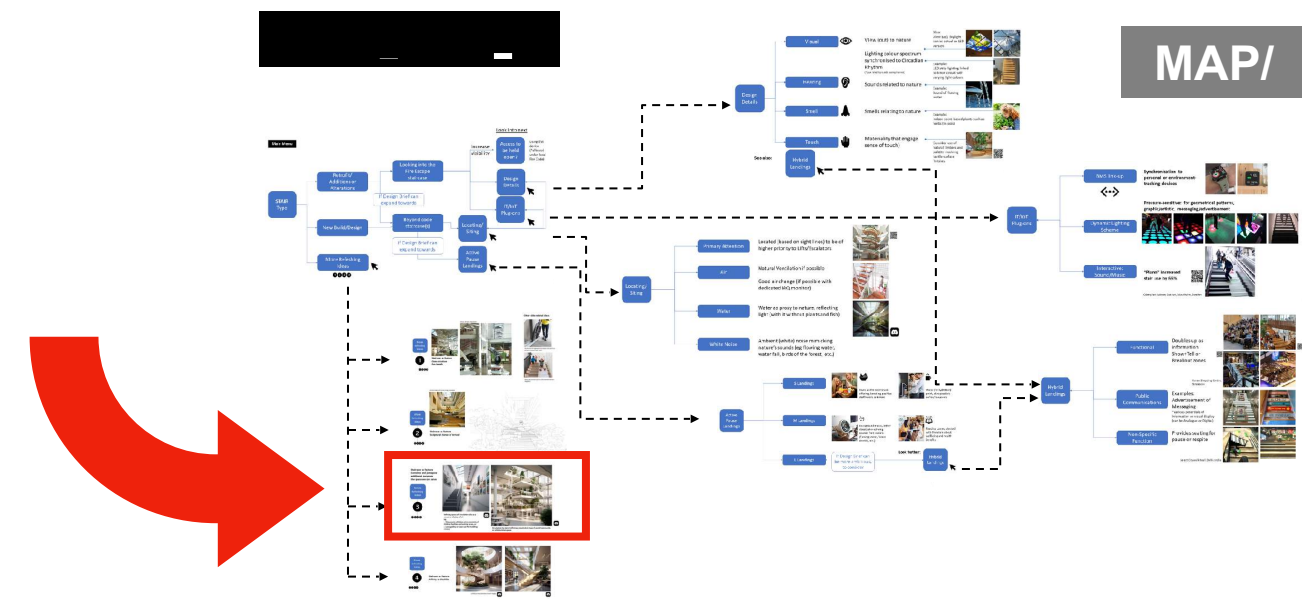
Upon further enhancement with indoor planting and art display scheme



stairWELL toolkit

[BETA: For non-residential projects]

stair **WELL**



Next



Staircase as feature
Combine and juxtapose additional purposes
the space we can serve

More
Refreshing
Ideas

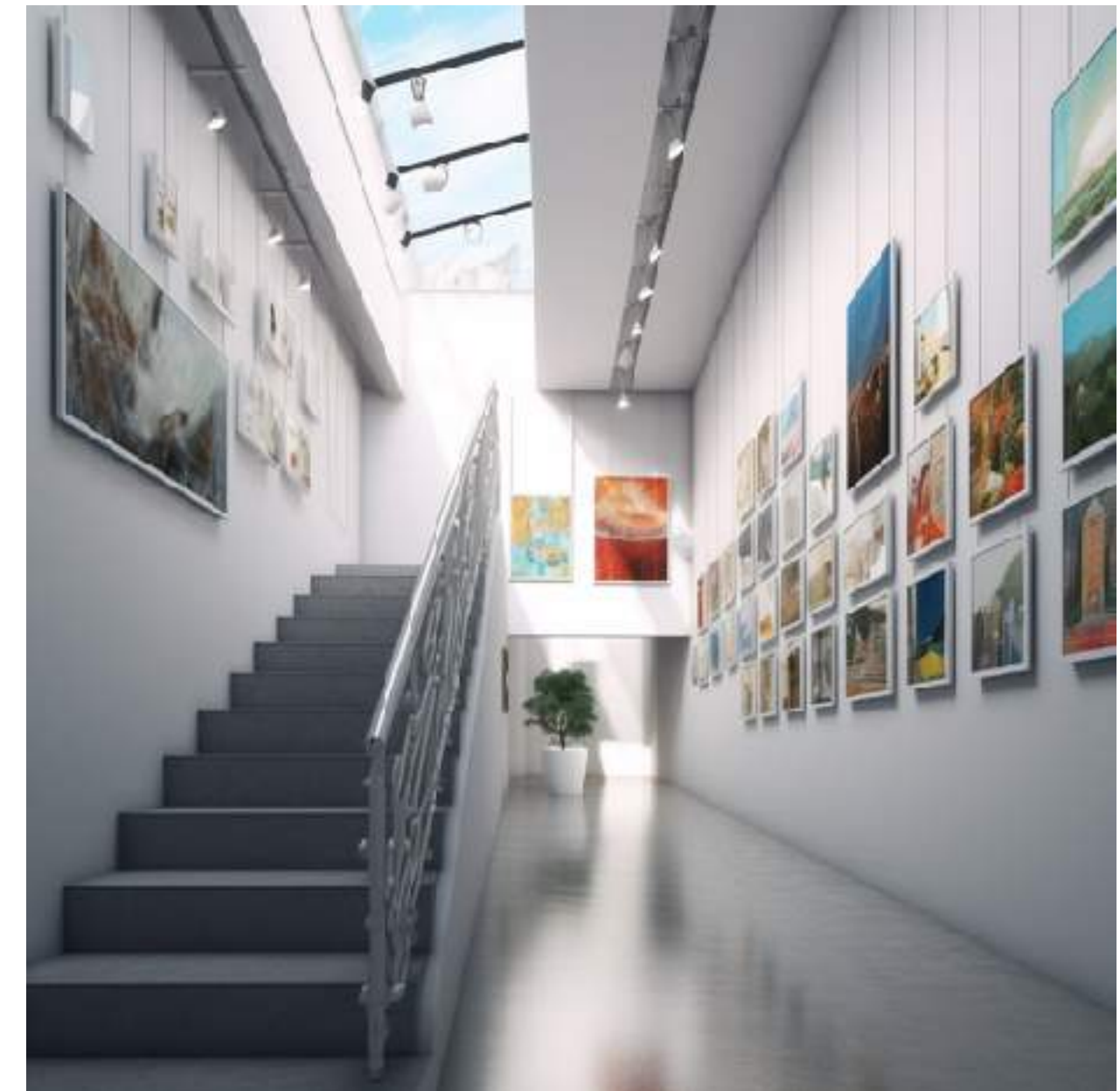
3

1 2 3 4



Circulation (ie stairs) defining a new hybrid type of social/community or collaboration space

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Defining spaces of circulation also as a venue
for display of art
(eg.
1. Showcasing children art in proximity of
children facilities and activity areas, or
2. Local gallery or sales wall for budding artists)





PHOTO, CONTROL OF MATERIAL PALETTE
ALONGSIDE INDOOR PLANTS AT MY OWN HOME.
Source: Author's own collection

CHAPTER 2

THE EUREKA OF WHAD:

Seeing the Light
I've to Be.

'A HEALTHY MAN WANTS A THOUSAND THINGS,
A SICK MAN ONLY WANTS ONE.'

CONFUCIUS

How much of our destiny and how much of our ability to perform is within our own control? Is there anything with which we surround ourselves that affects our ability to manage our own destiny? What can we do to shape our environment and create spaces that elevate us to a state of becoming happier and healthier, both physically and mentally?

This chapter will show you how the physical environment we dwell in is closely related to our functional performance as human beings. How the hardware, which is the environment, is actually a major influence on the software, our physical being. Our mental capacity can be adjusted, to a considerable degree, by the spaces that surround us.

QR code to
more info
about the book





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[SurbanaJurong]



SkyResidence@Dawson
Singapore
[SurbanaJurong]

WHAD

“Green Ribbon”

@CleanTechOne, Nanyang Avenue, Singapore

Anti-inactivity walk+movement path through
the building organisation.

Design device bolstering
PHYSICAL+MENTAL WELLBEING

WHAD

“Green Ribbon”

SkyResidences@Dawson, Singapore

400m garden (ground to 8th sty)
47-sty residential towers, 1300 homes

Design device bolstering
PHYSICAL+MENTAL WELLBEING

 YouTube



WHAD



DRAWING: SLEEP TIME, FOR MY DAUGHTERS AND
ROXIE OUR LABRADOR RETRIEVER

CHAPTER 9

DKZzzz (DINING/ KITCHEN/SLEEP):

The First Three Spaces in Which
to Start the Well-Being and
Happiness Hack at Home

"ARCHITECTURE IS REALLY ABOUT WELL-BEING.
I THINK THAT PEOPLE WANT TO FEEL GOOD IN A
SPACE. ON THE ONE HAND, IT'S ABOUT SHELTER,
BUT IT'S ALSO ABOUT PLEASURE."

ZAHA HADID

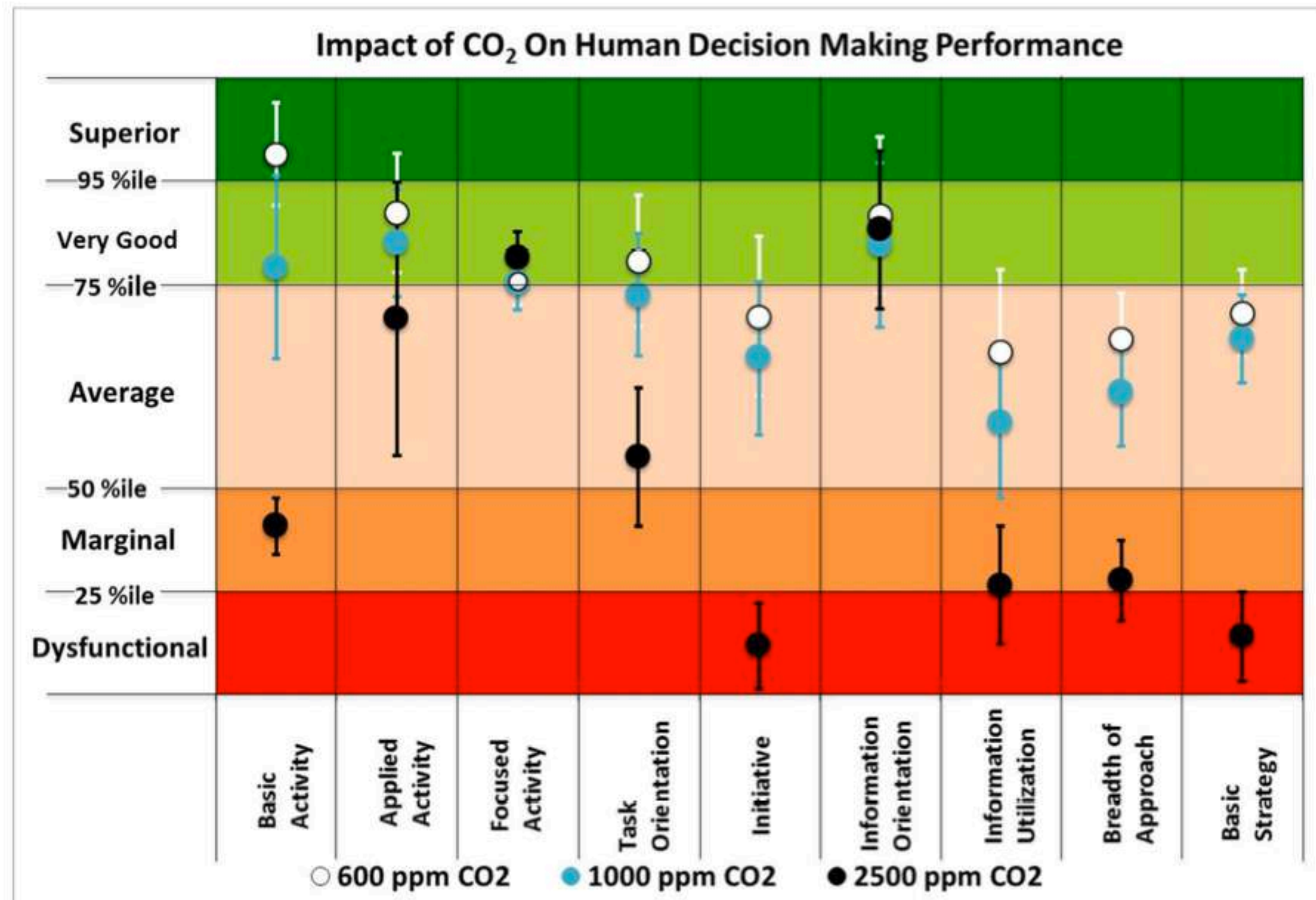
D stands for Diet, K for Kitchen, and Zzzz rep-
resents sleep. These letters are extracted from a
parallel online teaching resource of the WHAD
movement.⁴

The areas in your home where you can achieve the
fastest results involve critical reflection about what
we do a lot, and where we do a lot of these activities:
namely, eating and sleeping.

It is not surprising that the elements that help us
eat and sleep better can also make us healthier and
happier. This is also the case for the people that we
live with, our loved ones. Family members who are

QR code to
more info
about the book



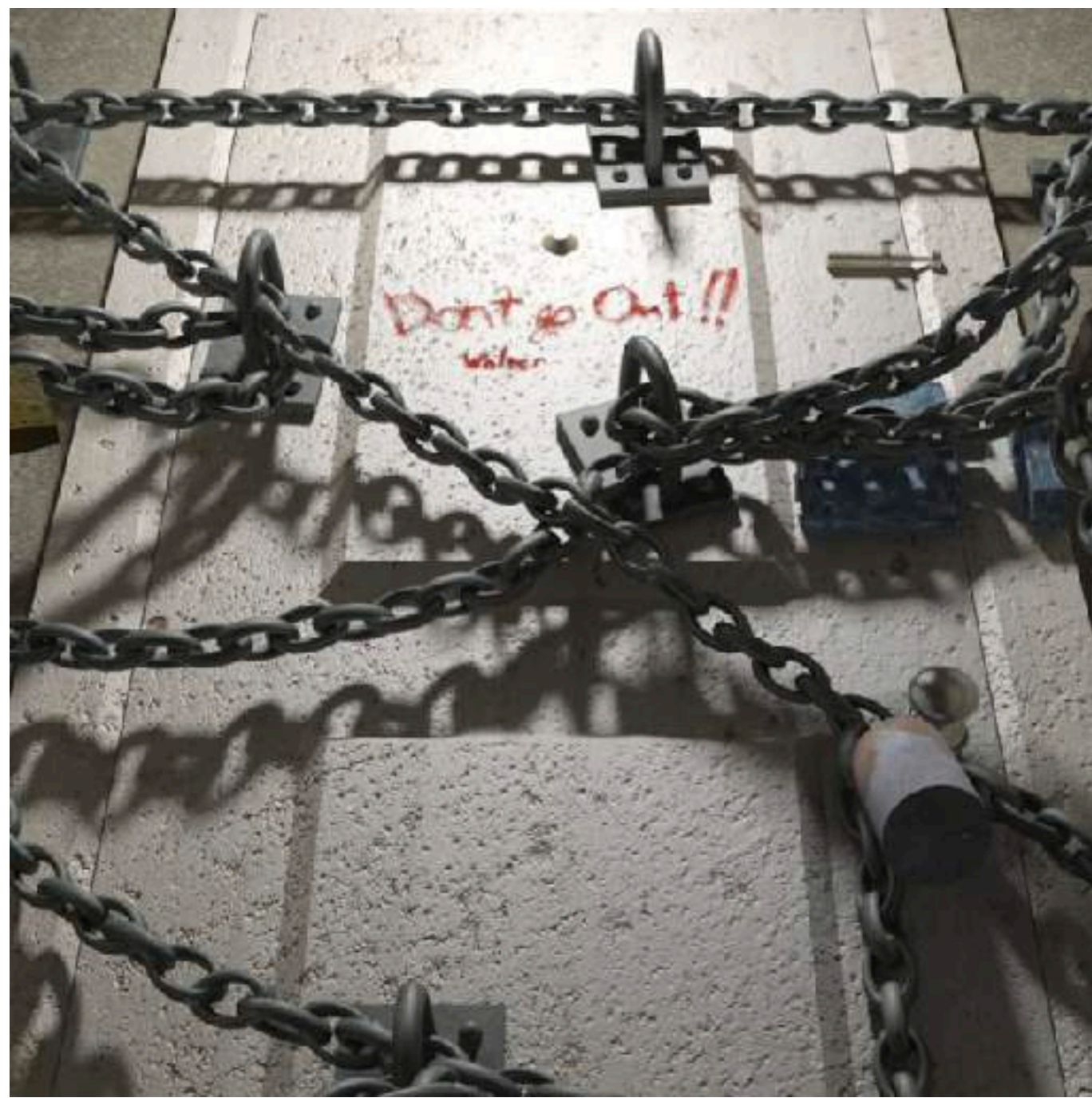


Elevated Indoor Carbon Dioxide Impairs Decision-Making Performance | Berkeley Lab (lbl.gov)

Research Paper by Berkeley Lab (bringing science solutions to the world) 2012



According to ASHRAE, the recommended CO₂ level in buildings should be no more than 700 parts per million (ppm) above outdoor air. **Since outdoor air is approximately 400ppm, indoor CO₂ levels should be no more than 1,100 ppm.**



WHAD

IAQ Monitors serve more to track and highlight uncommon occurrences over a long period.

*Not necessarily to be relied upon for absolute readings.



For more Explanatory notes see these posts in LinkedIn



WHAD

W+**ELLBEING**
H+**APPINESS**
A+**RCHITECTURE**
D+**ESIGN**



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About Dr Jonas Salk
**Power of Space
over our Minds**

@SalkInstitute



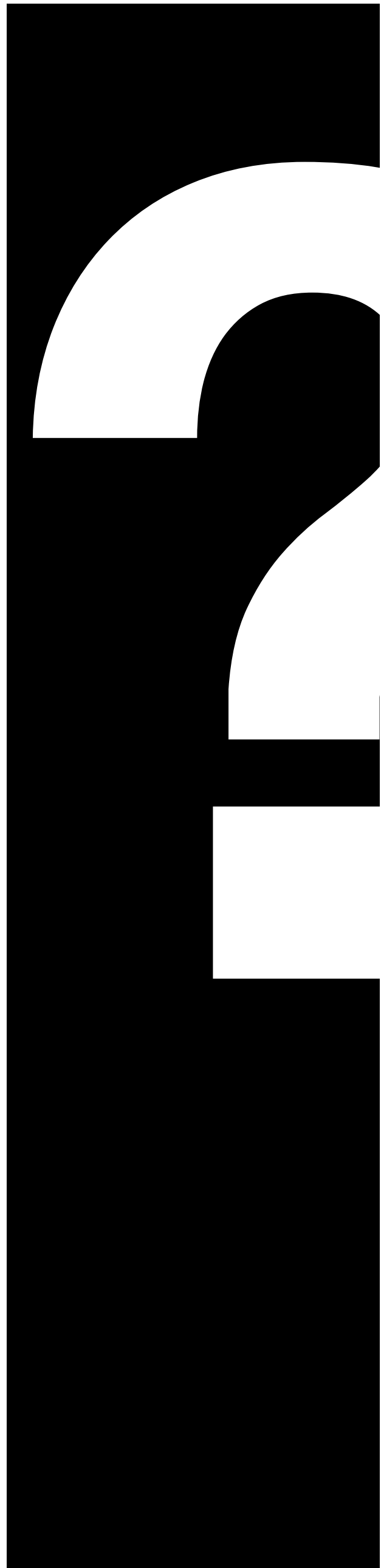
**IN THE PERIOD
LEADING UP TO**



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 **YouTube**





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Job?

Career?

or

Calling?

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Wellbeing+Happiness thru' Architecture+Design
Paperback – 9 Aug. 2023
by Frven Lim (Author)
5.0 ★★★★★ 1 rating [See all formats and editions](#)

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WHAD is an acronym for Wellbeing and Happiness through Architecture and Design. It is my effort to increase the awareness of how these two fields are, in effect, connected.

Assuming that I will have a 50-year-long career to hopefully make a tiny dent in the universe, I am now at the half-way mark. So, now dedicating the second lap to promoting an unusual and special ethos: to elevate the

▼ [Read more](#)

Print length	Language	Publisher	Publication date	Dimensions
240 pages	English	Passionpreneur Publishing	9 Aug. 2023	12.85 x 1.4 x 19.84 cm

Roll over image to zoom in

[Read sample](#)

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Architecture+Design
Discourse towards Wellbeing+Happiness

Frven Lim | Lecture series 2024

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