

Many Movements Have Paved the Way for the Future of Building Better Places to Live

Source: Global Wellness Institute Report: "Build Well to Live Well: Wellness Lifestyle Real Estate and Communities." January 2018.



WELLNESS GETAWAYS

Started: Pre-1900s

Tapping into natural, local, and authentic traditions to build places that are rejuvenating and healing.

VACATION & SECOND

SPA TOWNS

DESTINATION SPAS HEALTH RESORTS



INTENTIONAL COMMUNITIES

Started: Pre-1900s

Building community around shared resources, interests, and values to create a holistic way of life.

UTOPIAN

SOCIAL/POLITICAL

RELIGIOUS/SPIRITUAL COMMUNES

CO-HOUSING/CO-LIVING



POLICY & PLANNING MOVEMENTS

Started: Early-1900s

Using public policy to address major social. economic, and health issues that affect how and where we live.

PUBLIC HEALTH HEALTHY CITIES

RESILIENT CITIES SMART/DIGITAL CITIES

AFFORDABLE/SOCIAL



PLANNED COMMUNITIES

Started: Early-1900s

Consciously and intentionally planning communities that offer a better lifestyle and appeal to specific interests.

CITY BEAUTIFUL

GARDEN CITIES

NEW TOWNS

URBAN PLANNING

GOLF COMMUNITIES

RETIREMENT COMMUNITIES

MASTER-PLANNED COMMUNITIES



FOOD MOVEMENT

Started: 1970s

Addressing land use, agricultural practices, and how/what we eat through community design.

COMMUNITY GARDENS

URBAN FARMS

COMMUNITY-SPONSORED AGRICULTURE

FARMERS' MARKETS

LOCAL FOOD/SLOW FOOD

FARM-TO-TABLE

AGRIHOODS



DESIGN MOVEMENTS

Started: 1980s

Designing buildings and projects to address targeted needs and populations.

VASTU/FENG SHUI

UNIVERSAL/INCLUSIVE DESIGN

TRANS/MULTI-

GENERATIONAL DESIGN **BIOPHILIC DESIGN**

ACTIVE DESIGN



NEW-URBANISM

Started: 1980s Reinventing compact, traditional, walkable

community design and placemaking for the modern era.

PLACEMAKING

MIXED-USE

TRANSIT-ORIENTED

SMART GROWTH

1970

TRADITIONAL

NEIGHBORHOOD DESIGN **FORM-BASED CODES**



TECHNOLOGY & INNOVATION

Started: 1990s

Using new technologies to enhance our living environments and create virtual communities.

MOBILE DEVICES

SOCIAL MEDIA

SENSORS

SMART HOMES ARTIFICIAL INTELLIGENCE

AUGMENTED REALITY

MATERIALS SCIENCE

GREEN/SUSTAINABLE BUILDING

Started: 1990s

Building in a responsible, sustainable, resourceefficient way to minimize harm to the planet.

ENVIRONMENTAL JUSTICE

ENERGY STAR

LEED/BREEAM/ETC.

REGENERATIVE/LIVING

ECOVILLAGES/ECO-CITIES

WELLNESS LIFESTYLE REAL ESTATE & COMMUNITIES

Started: 2000s

Putting human health and wellbeing at the center of housing and neighborhood design.

HOLISTIC

PHYSICAL & VIRTUAL CONNECTION & COMMUNITY EVIDENCE-BASED

RETURN-ON-WELLNESS WELL™/FITWEL™/ETC.











2050