



VALUING NATURE

Physical, Psychological and Emotional Effects of Nature-Based Affordances for Green Physical Activity

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RESEARCH AREA- Green Physical Activity



To design a **nature-based indoor exercise environment** to maximize the exercise quality for physical health and mental wellbeing.






Comparisons between.....

1. Dynamic vs. static displays
2. Visual vs. visual-acoustic displays
3. Short vs. Long exposure period



WHY ATTEND THE 3rd BIS?

-  Gain insight to design research with business impact.
-  Network with a wider Valuing Nature research community.
-  Broaden academic knowledge from business viewpoints.



OPPORTUNITIES & CHALLENGES

Opportunities

- Proposing a more enjoyable exercise setting for urban residents with research support.
- Promoting physical health and mental wellbeing



- Challenges
- Practical implications
- Further investigations

