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

Dr. Hsiao-Pu Yeh

Sheffield Hallam University | Centre for Sports Engineering Research
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