

# HEALTH & WELLNESS AT QUADREAL

FEBRUARY 2022

## Our Approach to Health & Wellness

QuadReal is committed to providing spaces that promote the health and wellness needs of its tenants and residents. Not only is this commitment part of our Office and Residential portfolios, we also apply it to our global strategy of investments and partnerships. We take a strategic approach to understand what health and wellness means and what we, as prudent landlords, can take responsibility for. We believe that by identifying and addressing what matters most to our tenants and residents, we can help create positive change. Focusing on health and wellness is how we help build stronger communities, and also aligns us with our stakeholders including BCI, RBC GAM, their clients and those who work for QuadReal.

## What is Fitwel?

Fitwel is a leading certification system that uses research and evidence-based strategies to optimize and support the health of building occupants. The Centre for Active Design (CfAD), is a global not-for-profit organization working at the intersection of health and the built environment. It was appointed by the federal government of the United States to be the licensed operator of Fitwel. QuadReal values Fitwel because it provides a streamlined process for efficient application as we aim to integrate health-promoting design and operation strategies across our portfolio. Fitwel supports widespread adoption of health-promoting strategies and provides a standard for the building industry through its digital portal and certification system.

## Fitwel is Our Benchmark

Researchers, urban planners and architects came together to design Fitwel. They were committed to a collaborative approach that combined public health, design, development, statistics and science.

QuadReal uses the Fitwel certification system to:

- Signal to employees, residents, investors and others that we prioritize wellness within the design, development and operations of buildings and communities
- Integrate the best strategies that science has to offer to optimize health within a building or community
- Ensure that our company is leading the industry on the next frontier of sustainability
- Improve the health of our employees, tenants, visitors and residents as well as the surrounding community

The health and wellbeing of our tenants and residents is a key area of focus for QuadReal and is a growing component in sustainability's three pillars of Environmental, Social and Governance (ESG). As landlords who provide spaces to live, work, shop and play, we partner with tenants and residents to ensure that our spaces align with their values and needs. What we value in our daily environment is evolving, and health and wellness has become an increasingly prominent topic.

*"Working with Fitwel helps elevate the health and wellness services and amenities that we offer our tenants and residents across the portfolio."*

**Jamie Gray-Donald**  
Senior Vice President, Sustainability & Environmental Health and Safety

# QUADREAL'S FITWEL RESULTS

- Awarded Industry Leadership Award in 2020
- Recognized for Greatest Number of Registrations in 2021
- Achieved Highest Score (Commercial Site) for Southcore Financial Centre and World Exchange Plaza in 2021
- Awarded Industry Leadership Award and Fitwel Promise Award (Most Benchmarked Projects of All-Time) in 2022
- Seven Fitwel-certified buildings, including the first building in North America to achieve a 3-Star Rating (Commercial Site)
- Benchmarking across the portfolio
- Fitwel Champion
- Collaborated on The Office Guide to Building Health and A Better Box: Optimizing Industrial Spaces for Employee Health and Wellness as accessible tools to share with others in the industry

We are proud of the results we achieved through our partnership.

## WHAT DO FITWEL AND QUADREAL MEASURE?

### 01. SURROUNDING COMMUNITY HEALTH

Strategies that broaden the impact of the property, beyond the health of on-site occupants, reaching those who live, work, shop, play or learn in neighbouring areas.

### 02. MORBIDITY AND ABSENTEEISM

Strategies that promote increased physical and mental health, and fewer missed days of work.

### 03. SOCIAL EQUITY FOR VULNERABLE POPULATIONS

Strategies that ensure a range of people, including children, seniors, people with disabilities or socio-economically disadvantaged persons have increased access to health-promoting opportunities.

### 04. FEELINGS OF WELLBEING

Strategies that promote inclusion, relaxation and perceptions of safety through inviting spaces, an enhanced connection to nature and opportunities for social engagement.

### 05. ACCESS TO HEALTHY FOODS

Strategies that enhance access to healthy food options and promote more nutritious choices.

### 06. OCCUPANT SAFETY

Strategies that decrease the risk of crime and injury, by protecting tenants, visitors, residents, cyclists and pedestrians.

### 07. PHYSICAL ACTIVITY

Strategies that incorporate opportunities for movement into everyday life, whether through active transportation, promoting stair use or expanding access to indoor and outdoor fitness areas and equipment.

*"Health and wellness is a top priority for QuadReal. As part of these efforts, we have actively partnered with Fitwel not only in certification for our portfolio, but to advance more broadly the program's commitment to 'building health for all'."*

**Remco Daal**

President, Canadian Real Estate, Chair of Sustainability Committee