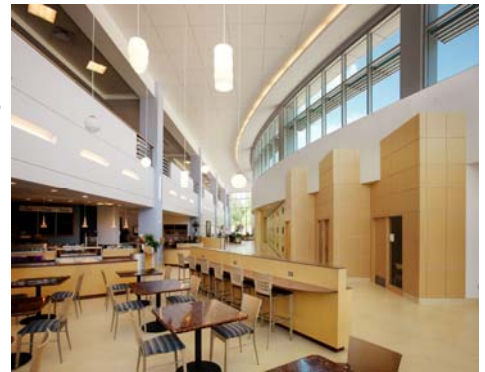




The vision for the Institute for Healthy Living project was to create a health resource center that provides the Longview community with a state-of-the-art wellness haven for the prevention of lifestyle-related disease. The design allows for an easy and comfortable crossover as healed patients become active wellness members.



Upon arriving at the Institute for Health Living, the facility has drive-up entrances for both members and patients. Around each entry is a spacious plaza and ample parking. The member entry has the closest access to the day spa, kid's area and café. Clinical and conference space is towards the patient side, including spaces for lactation, diabetic and bariatric education. Opposite the entry side of the building is a nature conservation area with a pond, wildlife viewing blind, nesting boxes, a cypress grove and a riparian zone.



The day spa is located just beyond the clinical check-in desk and has multiple treatment rooms as well as manicure/pedicure services. In addition to the spa, café and children's space, other first floor activity program space includes a pilates studio, yoga room, and a natatorium. Indoor aquatic amenities include a 4-lane lap pool, warm water therapy pool, channel current, therapeutic whirlpool and a cold water plunge pool, all offering many opportunities for water therapy, exercise and relaxation. Locker rooms have their own steam rooms and whirlpools. Also located on the first floor are various rooms reserved for educational and clinical services. A large conference area and several of the consulting offices are located front and center between the two entries, while the patient lounge, more offices and occupational therapy can be found elsewhere on the first floor.

At the center of the first floor is a wide, open staircase that takes members and visitors up to the second level, which is encircled by a 9 lap per mile walk/jog track. A wide variety of cardio and weight equipment is available on the open fitness floor. There is an additional multi-purpose room for group exercise adjacent to the spinning studio. At the opposite end of the floor is a smaller walking track and specialized fitness equipment just for cardiac rehab patients. More physical therapy space is also located on this floor.

The Institute for Healthy Living has many unique elements that combine to create a beautiful functional facility that incorporates the latest trends in medical wellness and embraces member and patient health.



The Institute for Healthy Living at Good Shepherd is designed by **Olson Lavoie Collaborative** a supporter of the **Medical Wellness Association**.

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