

**PUSAT SUMBER
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HIGH FITNESS HOUSING

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ABSTRAK

Dewasa ini, melihat bahawa negara kita sedang menghadapi krisis besar - kelebihan berat badan bagi orang dewasa dan kanak-kanak. Mereka menghabiskan terlalu banyak masa di depan televisyen dan terlalu sedikit masa secara fizikal aktif. Begitu juga warga senior di Malaysia. Mereka cenderung untuk duduk di rumah, tidak melakukan apa-apa. Ini tidak tampak seperti masalah, tetapi itu sebenarnya memperlambat metabolisme mereka sedikit demi sedikit. Salah satu artikel menunjukkan bahawa orang mati bukan disebabkan penuaan, tetapi disebabkan tidak aktif. Kesan buruk disebabkan tidak bersenam atau tidak aktif secara fizikal boleh mengakibatkan kondisi bencana berikut: kanser, diabetes, hipertensi, stroke, masalah kesihatan mental dan etc (yang juga dikenali sebagai Non-Penyakit Menular, NCDs). Kita sering menghabiskan lebih dari 90 peratus daripada masa dalam bilik, sebahagian besar di rumah. Jadi adalah penting bagi kita untuk mengambil kepentingan dari architecture untuk merancang persekitaran yang sihat. Oleh sebab itu, skim design baru yang menukar perancangan perumahan dalam konteks Malaysia sangat diperlukan dalam rangka untuk meningkatkan kesihatan dan kecergasan. Tesis ini adalah untuk merancang sebuah 'Perumahan Fitness' di mana menggabungkan kualiti kecergasan dalam design perumahan. Melalui architecture, diyakini bahawa perumahan juga boleh menjadi kelab kesihatan bagi setiap orang.

ABSTRACT

For several years, noticed that our country is facing a major crisis - overweight adults and kids. They spend too much time in front of the television and too little time being physically active. So do the senior citizens in Malaysia. They tend to sit back at home, doing nothing. This doesn't seem like a problem, but it actually slowing down their metabolism bit by bit. One of the most important articles of the year shows that people die from inactivity, not just from aging. The worst cost of not exercising or physically inactive may result in following devastating condition: cancer, diabetes, hypertension, stroke, mental health problem and etc (which is also known as Non-Communicable Diseases, NCDs). Exercise adoption rate is still pathetically low in Malaysia compared to others, and this nation needs a wakeup call. We often find ourselves spending more than 90 percent of our time indoors, much of it at home. So it is important for us to take the advantage of architecture to design healthy environments. Hence, a new design scheme that redefines the planning of the housing estate in Malaysian context is very much needed in order to promote health and fitness. This thesis is to design a High Fitness Housing where painlessly fuse in the lean look of fitness into housing design, and thus to achieve health and fitness quality for the residents. By virtue of architecture, it is believed that housing can also be a family's own health club.