



Case Study: Multi-Tenant Building

25 York Street

Fitwel Rating: ★

Menkes Developments Ltd.

Fitwel Champion

Fitwel Advisory Council
Member



Menkes Developments Ltd. has set a high standard for healthy workspaces within Canada, by achieving a Fitwel Certification for 25 York Street. Located in downtown Toronto, 25 York Street is Canada's first office building to receive Fitwel certification.

Why Menkes Became a Fitwel Champion

In 2017, Menkes Development became a Fitwel Champion, committing to apply Fitwel across its portfolio and establishing a leadership role in Canada and beyond as a trailblazer in the healthy building movement. Menkes recognized an opportunity to use the core tenants of Fitwel to launch their Healthy Spaces Program, a three-year wellbeing initiative focused on engaging tenants and offering them healthier lifestyle opportunities within their buildings. The Menkes team successfully advanced through the Fitwel certification process with 25 York Street, solidifying its position as the first office building in Canada to become Fitwel Certified.

25 York Street

Built in 2009, 25 York Street is a Class A, 780,000 square foot, 30-story office tower that is impacting the health of over 3,000 building occupants. 25 York Street is also certified as a BOMA Best Platinum and LEED EB:O+M Platinum, and includes notable tenants such as Telus, Kinross, and PC Financial. The building features a day lit 30 foot high lobby, which connects directly with many mass transit options. 25 York is also strategically located within walking distance to many amenities, including restaurants, entertainment, and retail.

Leveraging Fitwel as an Opportunity to Engage Tenants

The Menkes Team leveraged Fitwel as a tool to measure how well their properties are performing in the health and wellness space. They also used it as an opportunity to engage tenants of 25 York Street in a conversation about their efforts to provide workplaces that are supportive of tenant health. As a result of its engagement process, Menkes was able to prioritize health-promoting features within the building based on tenant demand. Menkes successfully integrated many Fitwel Strategies including, an abundance of daylight through floor to ceiling windows, handwashing signs in bathrooms, and ready access to the building's stairs. In fact, because of the access granted to the stairs, tenants have since initiated a stair walking club within the building. Based on the additional efforts made by Menkes, tenants have voiced their excitement in working in the first Canadian Fitwel Certified property and remaining engaged in future efforts related to health and wellbeing.

Estimated Costs in Achieving Fitwel Certification

All costs for the certification were included in either best practice or costs required to achieve LEED Platinum certification.



Taryn Kelly

Senior Property Manager, 25 York Street

“Our mandate to focus highly on tenant health and wellness has never been stronger. Fitwel has enabled us to gain valuable insight into the way we operate our buildings. We’re proud to have achieved certification here at 25 York Street, we’re excited about sharing the announcement with our tenants, and we’re excited about our future with Fitwel as it will continue to push our boundaries and motivate us to innovate.”



Jon Douglas

Director of Sustainability at Menkes

“We view Fitwel as a great initiative to allow us to engage with our tenants in new ways, and as a way to measure our performance in promoting health and wellbeing at our properties. We want to create opportunities for our occupants to live their healthiest lives by making this goal convenient and actionable to them, and Fitwel is a practical program to support Menkes in delivering on this objective.”





Photo courtesy of Menkes Developments Ltd.

Key Milestones in the Certification Process

February 2017

Given the strong alignment between Fitwel and company values, Menkes becomes a Fitwel Champion and establishes a related corporate strategy on the promotion of health within buildings.

Spring 2017

Menkes assess 25 York Street against the Fitwel Strategies, and engages the building's tenants using Fitwel as a tool to guide conversations.

Fall and Winter 2018

The building management team solidifies its priorities based on tenant feedback, and begins modifications to optimize health impact.

January 2018

Menkes earns a Fitwel 1-Star Rating, successfully setting a high standard for other similar properties.

February 2018 - present

Building on this successful process, Menkes begins to assess and certify other properties within its portfolio.

How 25 York Street is Meeting Fitwel's Health Impact Categories


 **100%** of selected strategies
Impacts Community Health


 **65%** of selected strategies
Reduces Morbidity + Absenteeism

 **55%** of selected strategies
Supports Social Equity

 **67%** of selected strategies
Instills Feelings of Well-Being

 **64%** of selected strategies
Provides Healthy Food Options

 **85%** of selected strategies
Promotes Occupant Safety

 **59%** of selected strategies
Increases Physical Activity

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