

STEPZ FITNESS CURATES HOLISTIC INTERIORS TO ENHANCE PATRONS' WELLBEING

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Acknowledging the impact of physical surroundings on psychological states and wellbeing, Stepz Fitness - an Australian owned gym franchise - has implemented a carefully curated and holistic interior design approach across its fitness and wellness centres to stimulate psychological and physiological responses in their patrons.

This fresh approach aims to enhance the ability of Stepz patrons to exercise in a more peaceful, productive and positive state of mind.

According to Sydney based clinical psychologist, Georgia MacNevin "the design of our physical surroundings can have a significant impact on our psychological state and wellbeing."

Holistic interior design is concerned with the wellness of the mind, body and spirit of the individuals that inhabit the space.

Stepz Fitness has embraced a fresh approach to its interior design and layout, by adding indoor plants, wooden materials and communal tables near the entry that are welcoming to patrons in a non-intimidating and comforting environment.

Stepz Fitness Franchisor, Sam Waller notes "that approach to holistic interiors allowed us to create a new design using more natural materials and calming interiors, which is not common in the health and fitness industry.

"We have created a new space that allows people to feel better when they're walking in and focuses their minds on their workout and themselves, as opposed to worrying about what other people are thinking.

"The physical and mental health of our patrons is seen as a marriage between two equal and interconnected entities, whose individual conditions determine the balance of wellness experienced by the whole."

Stepz wellness centres have incorporated specific aesthetics, materials and elements derived from nature and psychological research, which MacNevin says can boost the ability of the mind and body to feel calm, collected and happy.

Stepz Fitness considers most gyms to be devoid of natural beauty, affording little-to-no room for any of those energising elements to exist in the room and give life to their patrons.

According to MacNevin, there have been many studies into the psychological and physiological benefits of natural environments leading to a range of positive outcomes for our wellbeing, including "stress reduction, improved mood, enhanced attention, and cognitive functioning.

"Natural materials like those used in the Stepz wellness centres can have a calming effect... [and] are great for increasing positivity and productivity."

Stepz Fitness has invited nature into the gym by adding indoor plants and greenery to each workout space.

MacNevin adds "these days, psychologists are prescribing outdoor activities like gardening and hiking to address a range of mental health issues.

"Being in open green spaces helps clear the mind and makes people feel happier or less stressed... [and] including that in the Stepz Fitness environment can be beneficial to their moods and general wellbeing."

According to a recent survey by Arboretum, 42% of 2,000 participants said that being around plants improved their mental health.

Indoor plants also assist in improving the air quality of interior spaces, which is particularly important in workout environments where physical exertion is key, as patrons need all the oxygen and purified air they can get.

Meanwhile, maximising the amount of natural light that filters into each room was an important consideration of the Stepz Fitness interior design team.

Experienced naturopath, Layla Metcalfe advises "natural light is one of the most important natural elements to filter into any indoor environment, offering health benefits to Stepz patrons inhabiting that space.

"Not only is it your body's best source of vitamin D, which boosts the immune system, but also a crucial ingredient to increasing mental health and productivity... [while] assisting the body in absorbing melatonin to regulate sleep cycles more efficiently."

Stepz Fitness prides itself on offering the newly curated holistic interior design to enhance their patrons' wellness of mind, body and spirit. To see more visit <https://stepzfitness.com.au/>

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