

Introducing Texas' first Fitwel Community



The Mix has earned the 2 Star Fitwel Community certification.

Fitwel is the world's leading certification system committed to *building health for all*.

Generated by expert analysis of **5,600+** academic research studies, Fitwel is implementing a vision for a healthier future where all buildings and communities are enhanced to strengthen health and well-being.

Fitwel was originally created by the **U.S. Centers for Disease and Control (CDC) and Prevention and U.S. General Services Administration.**

The CDC remains the Fitwel research and evaluation partner.



- Improved Indoor Environmental Quality
- Enhanced Physical Activity Opportunities
- Promotion of Healthy Eating + Nutrition Options
- Stress Reduction + Mental Well-being
- Incentives for Active Transportation
- Community Health + Social Interaction
- Sustainable + Responsible Development

