1.0 Summary

Troy Sherrard has developed a specialty practice in Health, Wellness, Fitness, and Recreation Architecture which leverages long-term health benefits to foster community, engagement, social gathering, and human connectivity.

Practice
Sherrard’s long-term focus on Health, Wellness, Fitness, and Recreation Architecture is fueled by his passion for fitness, wellness, sports, and human performance and by the social impact of such spaces on people of all ages. He believes that structures supporting proactive human health and sustainable environmental awareness speak to all people regardless of age, race, or social class. Holistic wellness design, like holistic health, offers strong connections with outdoor environments, prioritizes sustainability, and elevates architectural experiences in support of proactive healthy and energizing environments. Sherrard has personally led the programing and design of over three dozen health, wellness, recreation, and athletic focused projects located across the country.

Engagement
Sherrard has led student and public interactive community collaborations across the country, to expand the presence of health and wellness in everyday life. For student oriented communities, the focus is that fit and healthy students excel and that these lifelong habits have the greatest impact in college. For public oriented community efforts, which must serve a much larger age diversity, the conversations are similar but there is greater emphasis on social gathering, inclusion, and human connectivity. Sherrard has personally led engagement sessions with over thirty different public communities and universities; all centered around the importance of health, fitness, and wellness in their everyday lives and its impact on architectural programs and spaces. Each project’s responsive design direction is crafted by the collective community input which it serves.

Education
Sherrard has led the evolution of this specialty practice knowledge through twenty-five national presentations and publications, numerous national industry design juries, decades of collaborative teaming projects across the country, and mentoring dozens of young architects; through these avenues the industry and these built environments are better. The desire is to bring national exposure, supported and expanded, with local community responsiveness to these types of projects. The ripple effect of such partnerships and open, user-friendly collaborations is expanding new ideas and new ways of engaging all types of people in the conversation of proactive wellness awareness through fitness and recreation.

Through Education, Responsive Engagement, and Innovation in the Practice of Health, Wellness, and Fitness Architecture, Sherrard’s work has elevated the field of this specialty practice.