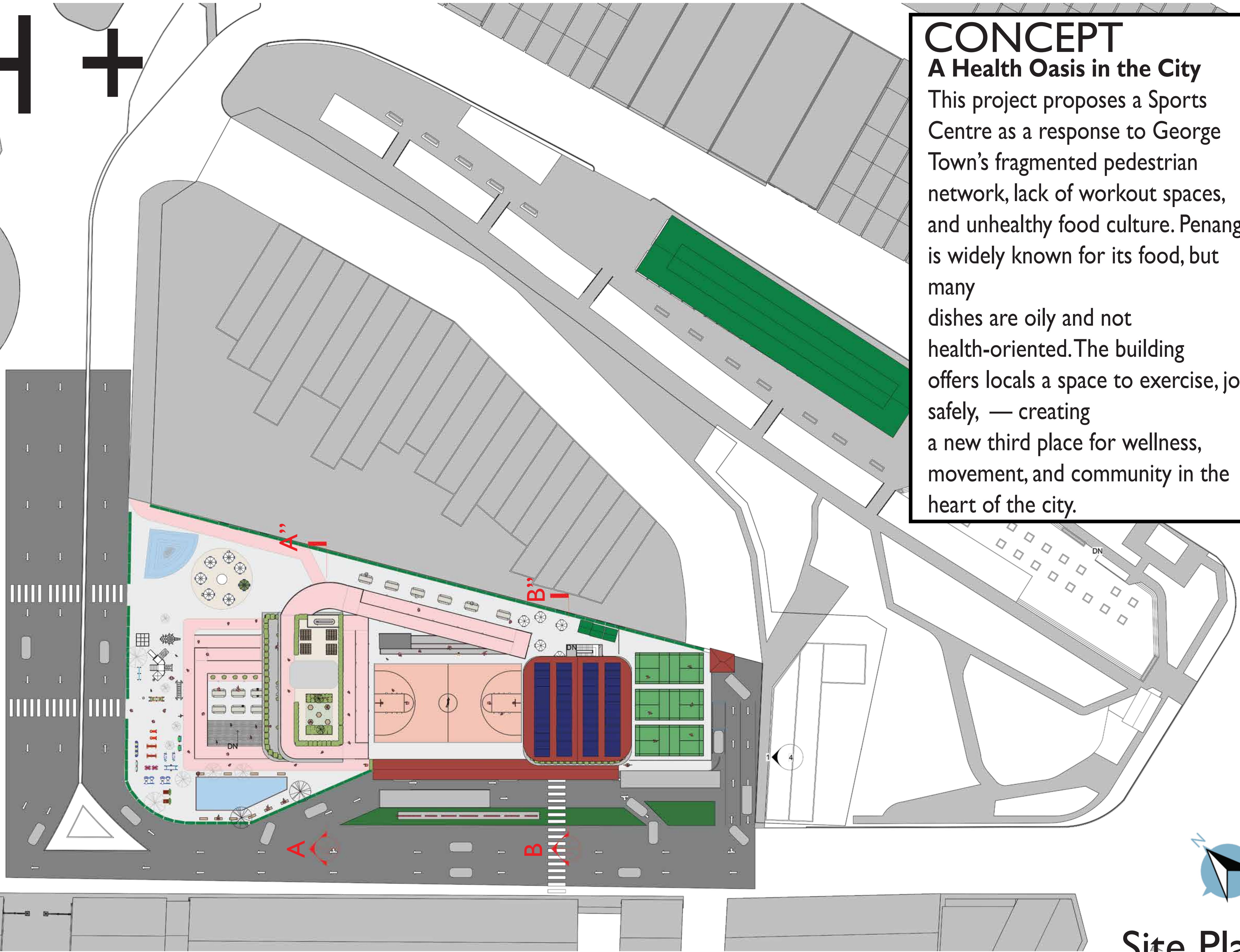


BREATH +

Breathe+ reimagines George Town’s urban core as a restorative space that promotes movement, mindfulness, and social connection. Rising from a dense, food-centric cityscape, the building creates a vertical loop of activity — from light fitness and meditation to sports and casual hangouts.

It serves as a third place where elderly, families, and youth can reconnect with health, one step at a time.



CONCEPT
A Health Oasis in the City
This project proposes a Sports Centre as a response to George Town’s fragmented pedestrian network, lack of workout spaces, and unhealthy food culture. Penang is widely known for its food, but many dishes are oily and not health-oriented. The building offers locals a space to exercise, jog safely, — creating a new third place for wellness, movement, and community in the heart of the city.

Locals Elderly
Gentle fitness activities, calming meditation sessions, and cozy corners to relax or catch up with friends — a place to stay active while staying connected.



Families
Safe, welcoming spaces designed for bonding through movement — from family jogs to games like pickleball and ping pong, every corner encourages shared wellness.



Students & Young Adults
A vibrant hub for after-school workouts, casual basketball games, and lifestyle learning — where fitness meets friendship and self-growth.












S Urban Location:
Situating in a busy city center near malls and public amenities, ensuring high visibility and footfall.

O Rising Health Awareness
Post-pandemic and global wellness trends make urban health hubs more desirable.

W Disconnected & Broken Walking Paths
George Town’s sidewalks are often narrow, uneven, or interrupted, making it difficult for pedestrians to walk or jog safely in the urban area. This limits outdoor fitness opportunities and reinforces the need for internal exercise spaces — but also highlights urban infrastructure issues beyond your site’s control.

T Strong Community Bond:
The community bond is too strong until they will scare when there is outsider coming to Georgetown based on the experience when site visit

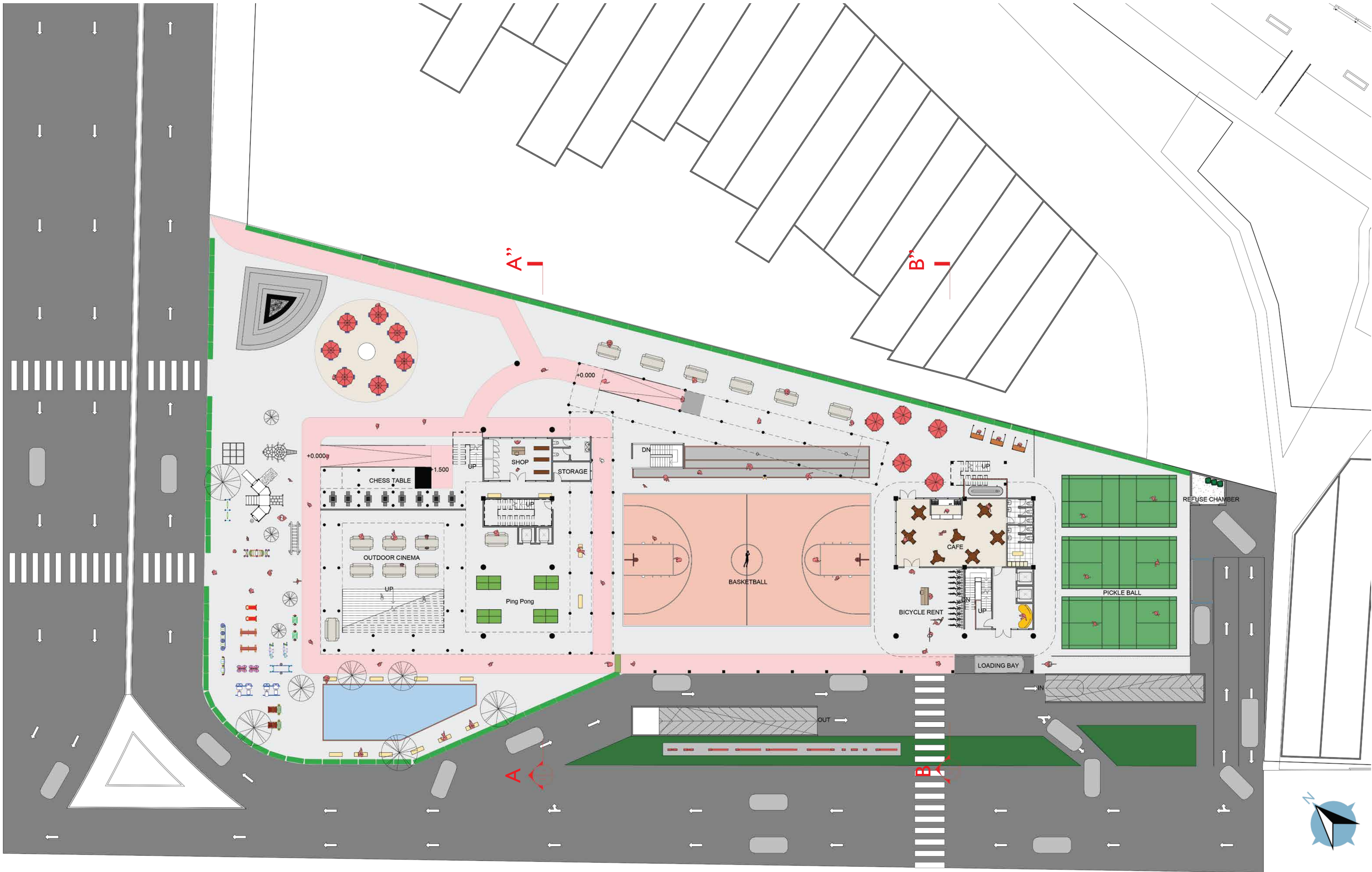
PROGRAMMES

 basketball	 jogging	 gym
 pickle ball	 golf	 ping pong
 boxing	 yoga	 pilates

Issues

- 1. Disconnected Pedestrian Network**
George Town’s sidewalks and pedestrian paths are often narrow, broken, or abruptly end. This discourages walking and makes jogging or safe commuting by foot difficult — especially for the elderly, children, or those with disabilities.
- 2. Lack of Public Sports Facilities**
Despite a growing urban population, there is a noticeable lack of accessible, inclusive, and safe public spaces for fitness, wellness, and recreation within the city core.
- 3. Unhealthy Lifestyle Habits**
The city is renowned for its delicious — but oily and high-calorie — street food. Combined with limited spaces for physical activity, this contributes to a sedentary lifestyle and increasing health risks among locals.





Ground Floor Plan

Narrative

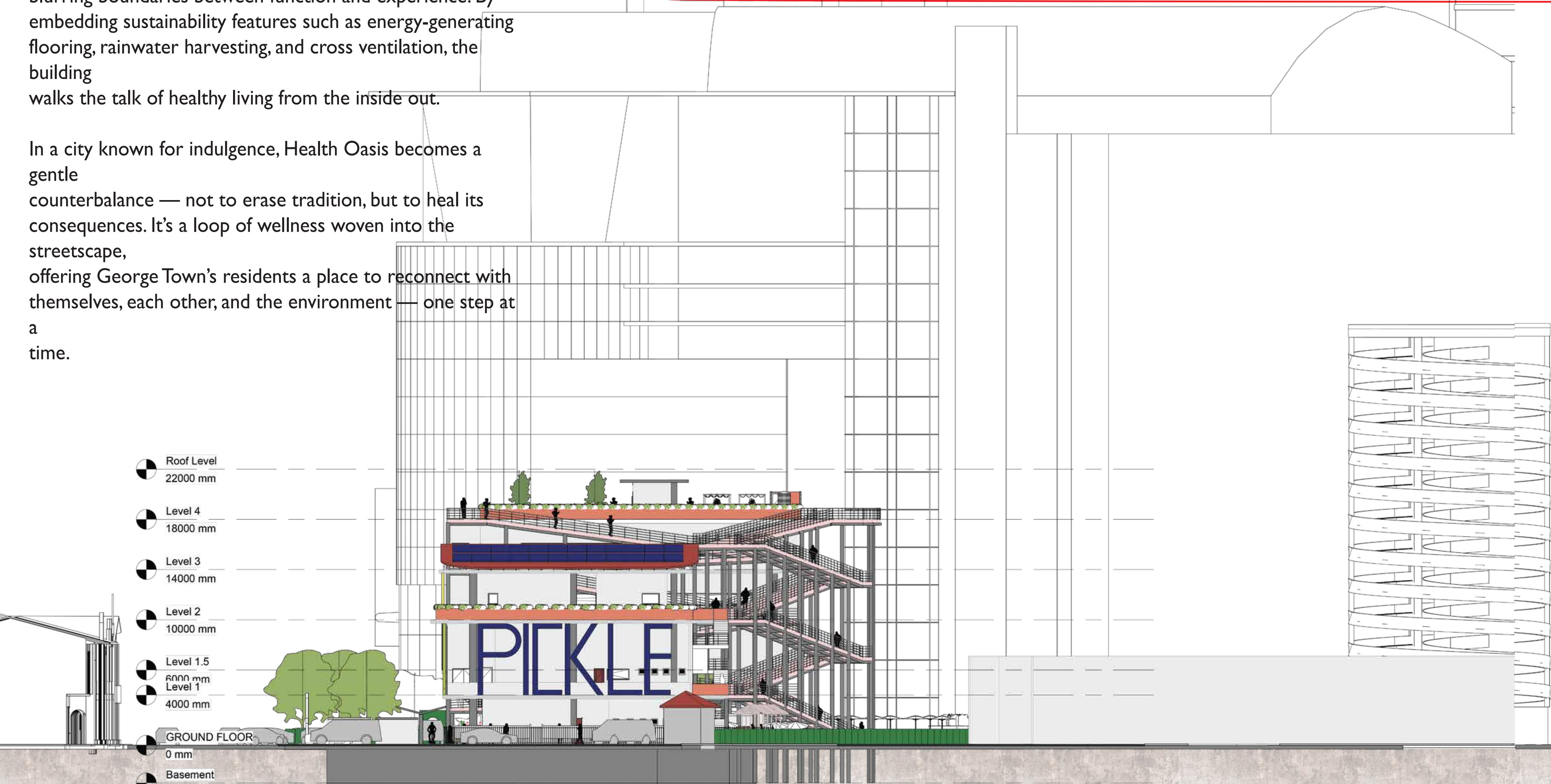
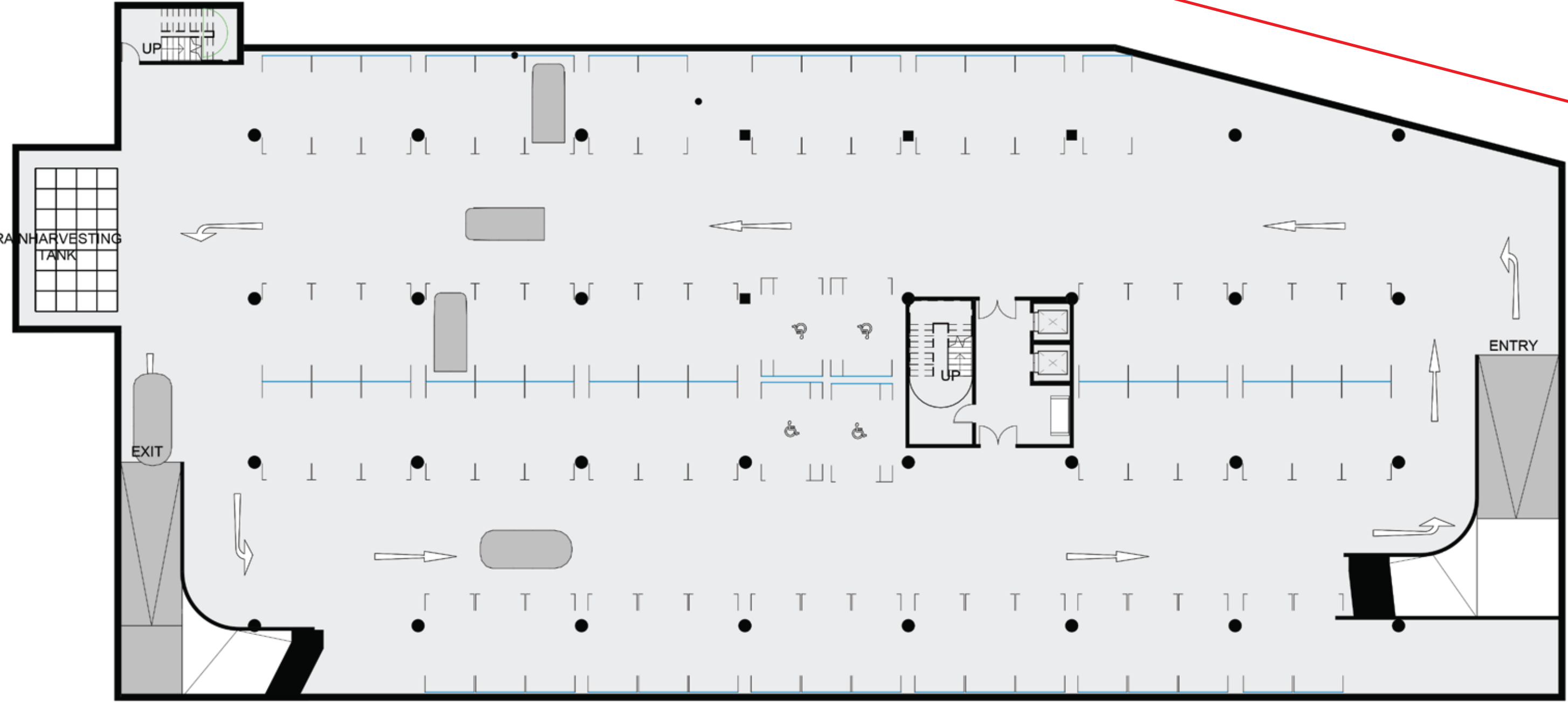
George Town, renowned for its rich heritage, vibrant art, and street food culture, thrives on tradition — yet its urban fabric lacks dedicated spaces for holistic health and physical well-being. Narrow, disjointed pedestrian paths discourage walking, and the abundance of high-fat, high-sugar street food, while beloved, poses challenges to a healthy lifestyle. For locals navigating this dense cityscape, daily exercise and wellness remain an afterthought.

Health Oasis emerges as a transformative third place in the heart of George Town — a vertical wellness hub designed to reintegrate movement, mindfulness, and nutrition into urban life. Rising from the street level, the building wraps a continuous jogging path around its core, leading users through a journey of body and mind. Along the way, spaces open up for stretching, calisthenics, community yoga, and interactive nutrition workshops. The rooftop is crowned with an open-air workout deck — a green wellness zone that offers not only physical exercise but also emotional reprieve through nature, light, and views of the historic skyline.

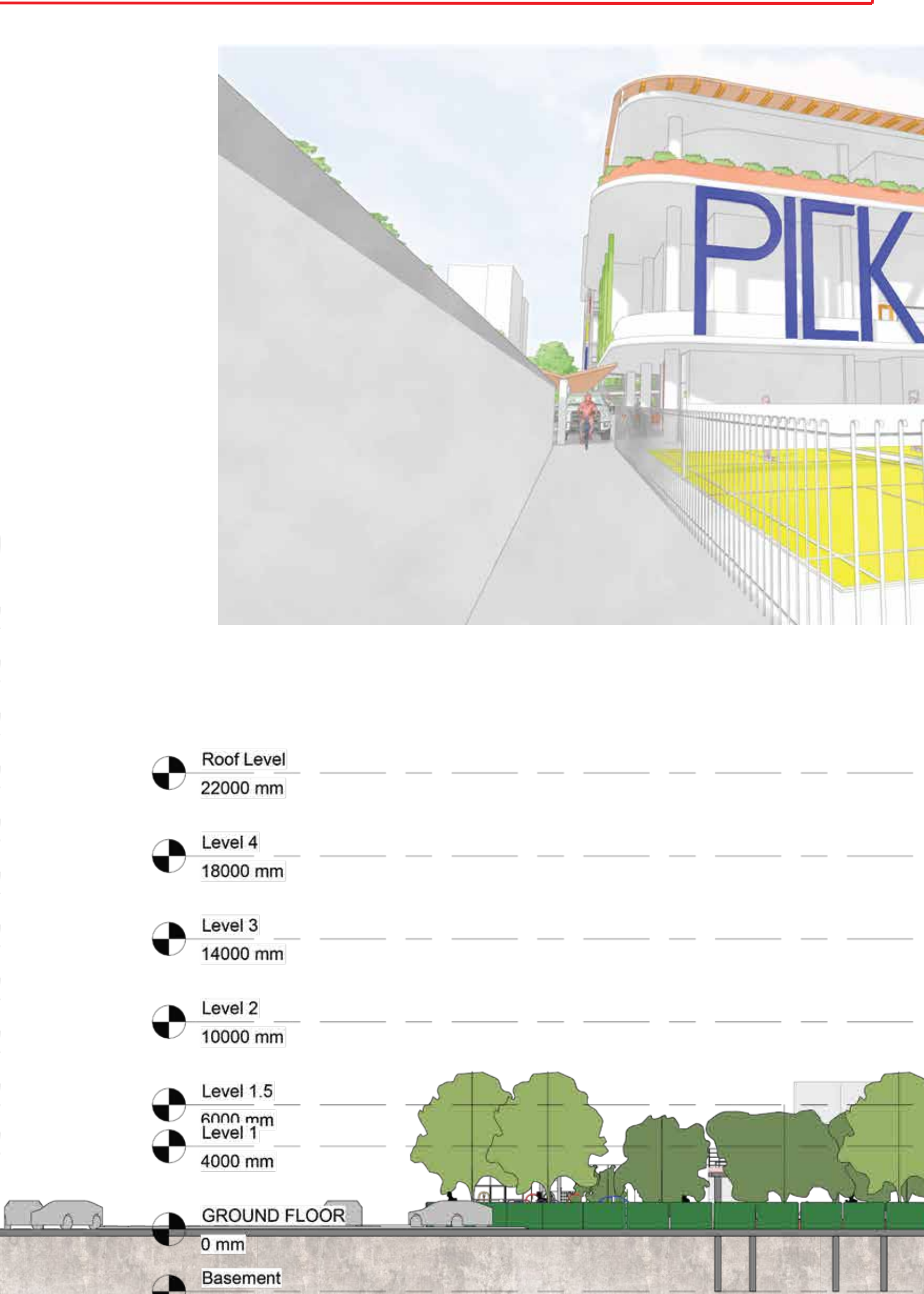
This is more than a gym. Health Oasis is a public invitation to rethink health as an everyday ritual. It caters to early joggers, school groups, elderly walkers, and casual visitors alike — blurring boundaries between function and experience. By embedding sustainability features such as energy-generating flooring, rainwater harvesting, and cross ventilation, the building walks the talk of healthy living from the inside out.

In a city known for indulgence, Health Oasis becomes a gentle counterbalance — not to erase tradition, but to heal its consequences. It's a loop of wellness woven into the streetscape, offering George Town's residents a place to reconnect with themselves, each other, and the environment — one step at a time.

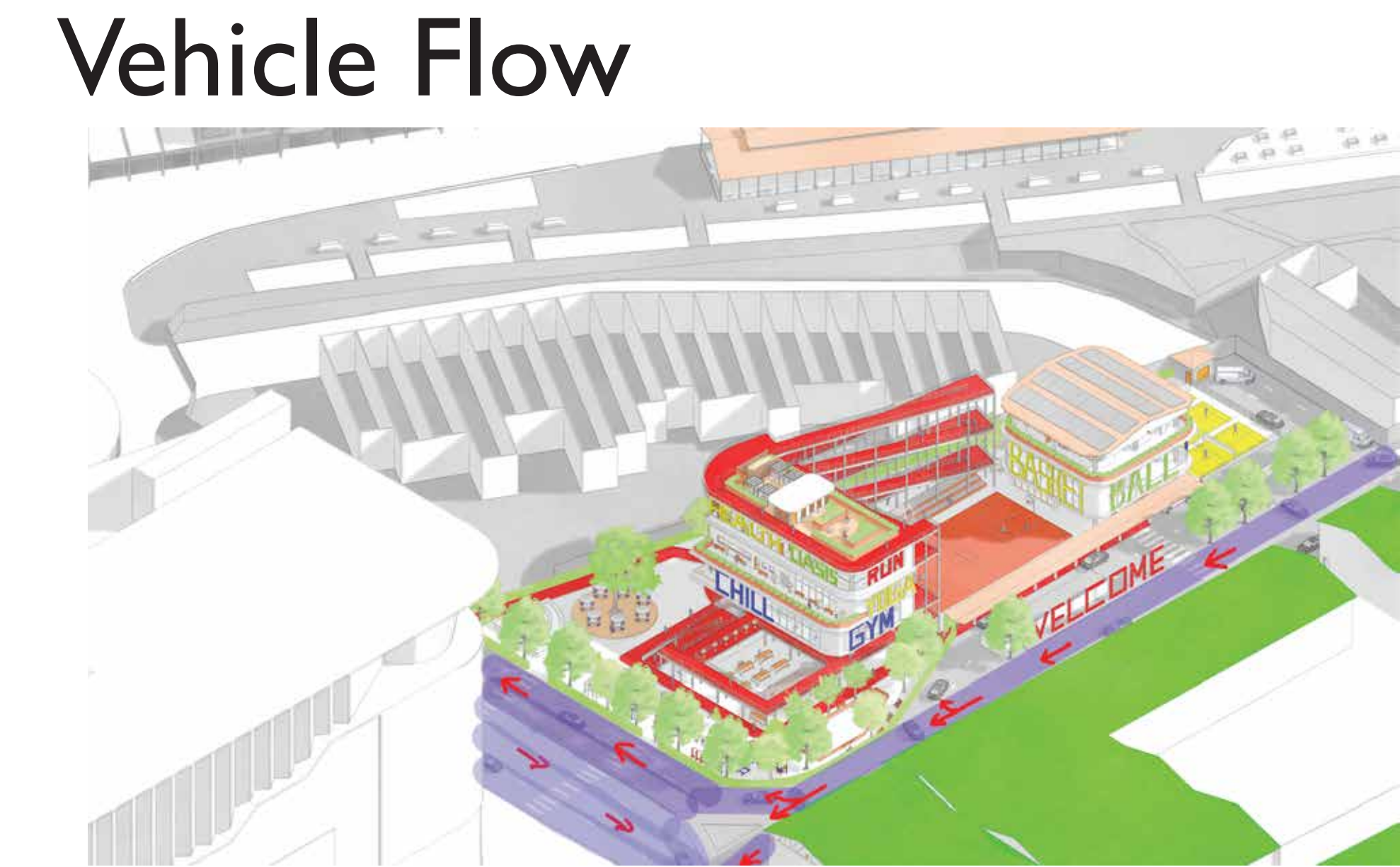
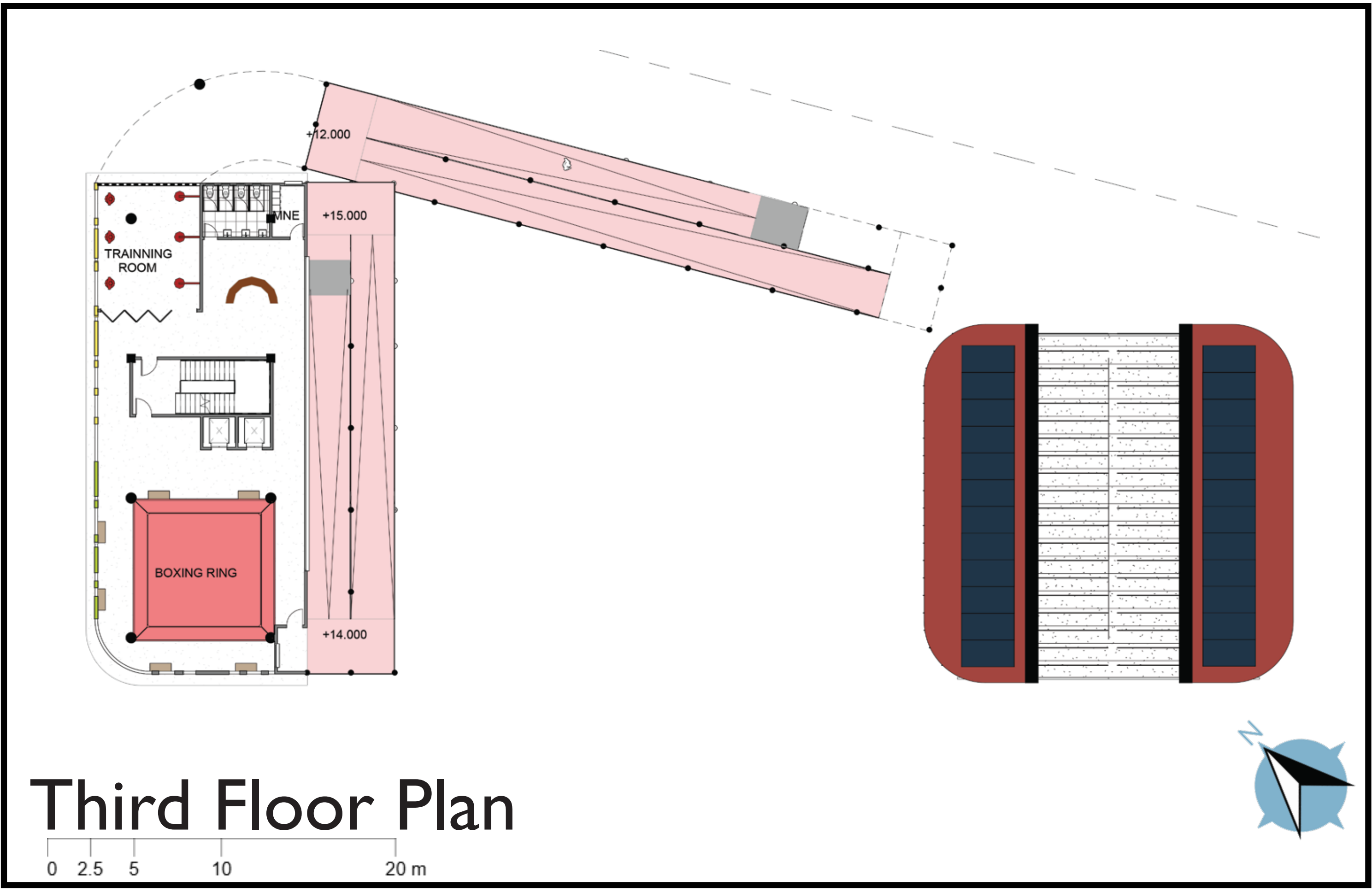
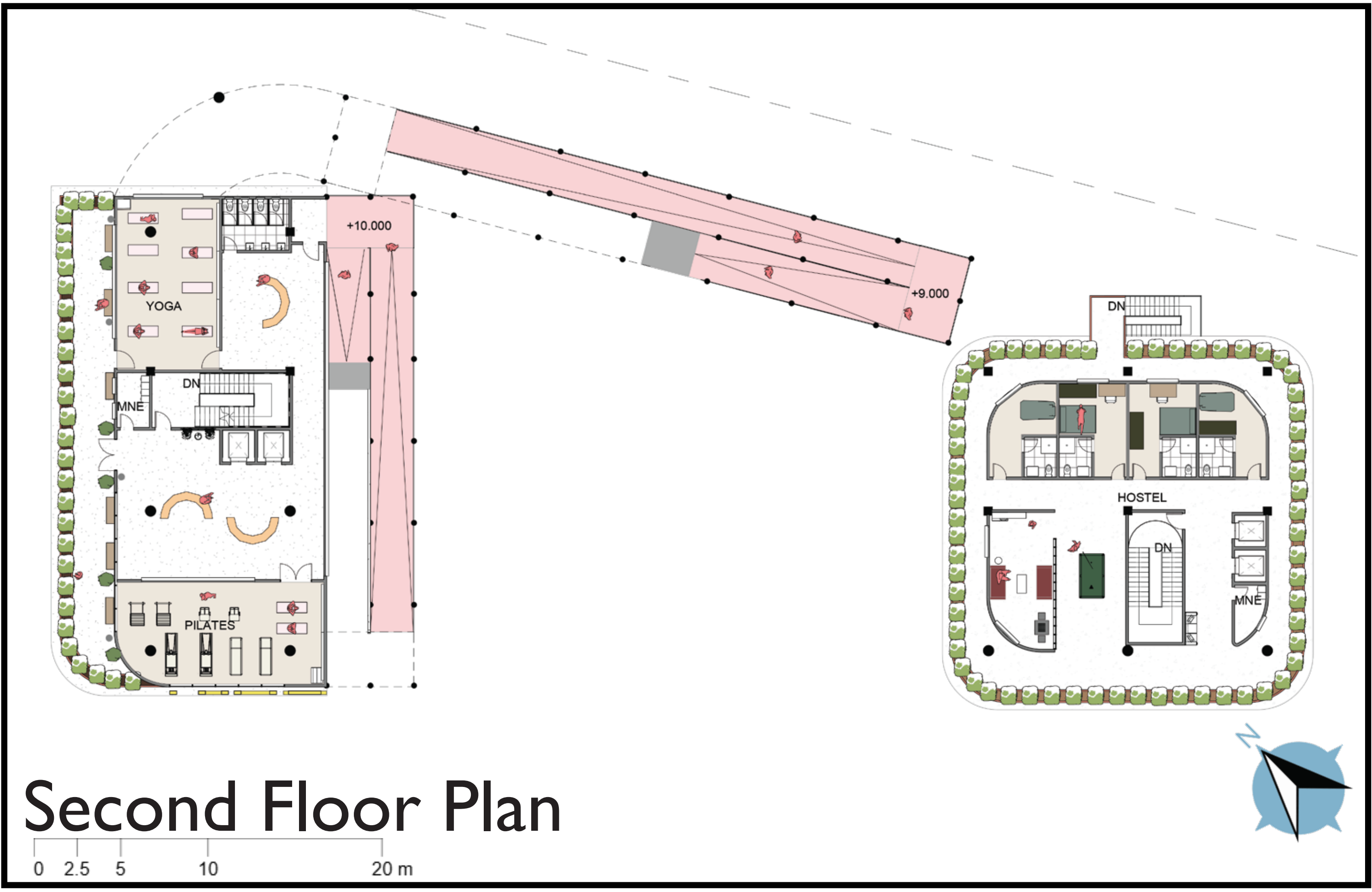
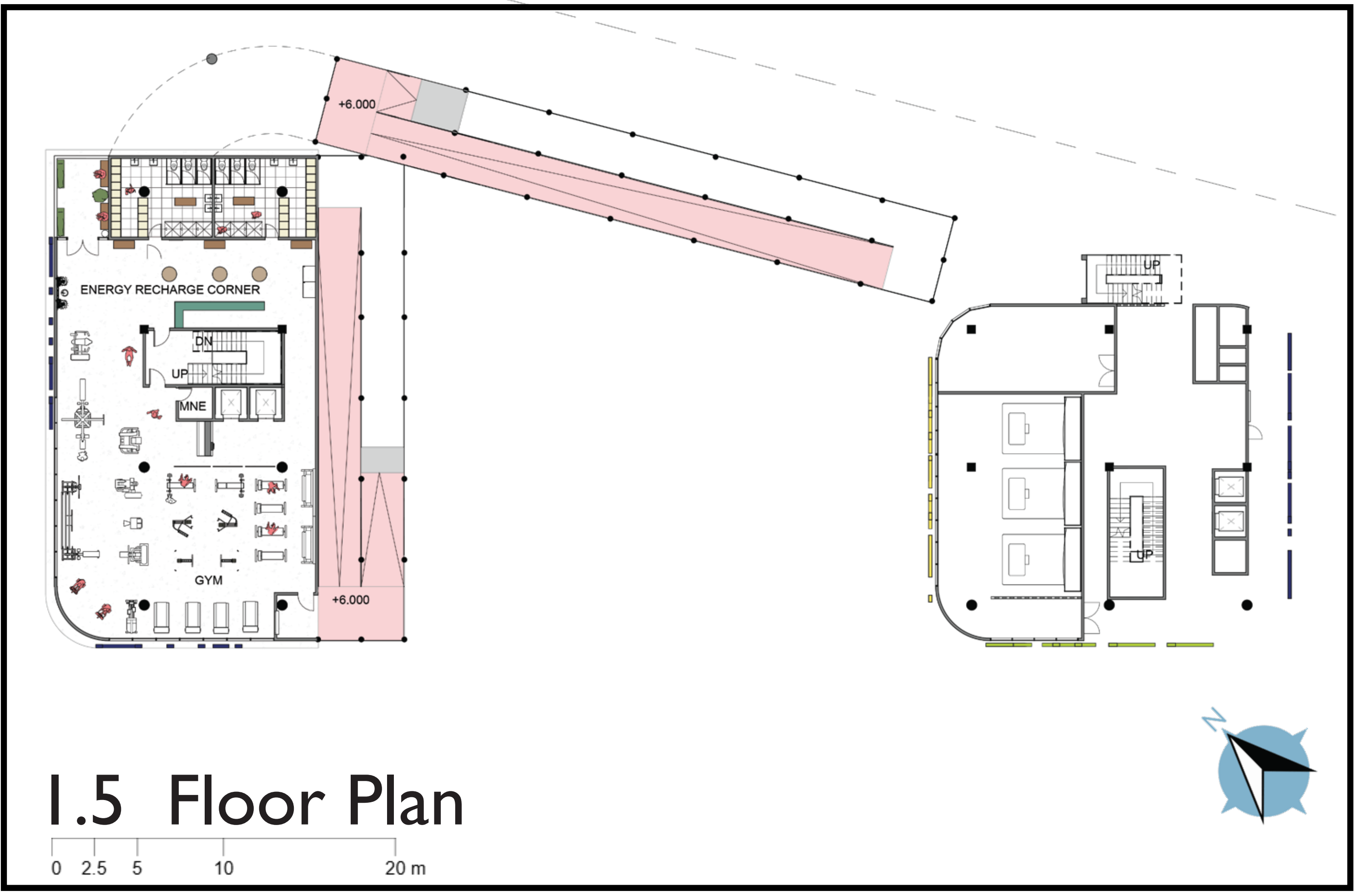
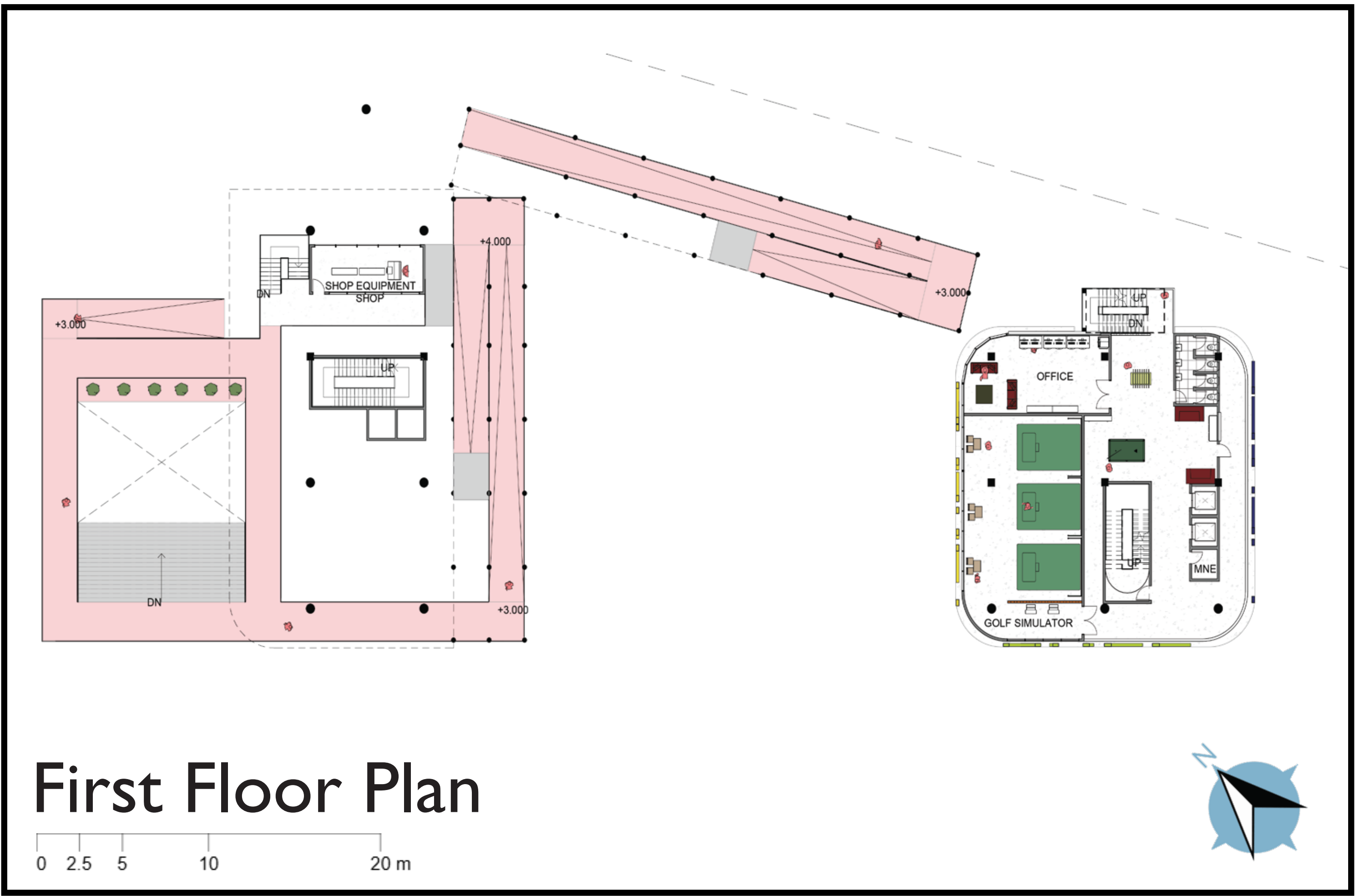
Basement



Right Elevation



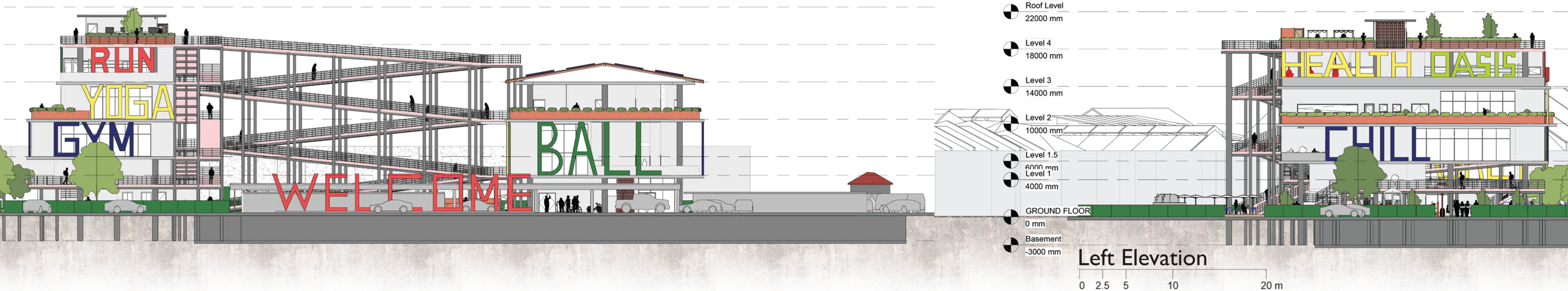
Front Elevation

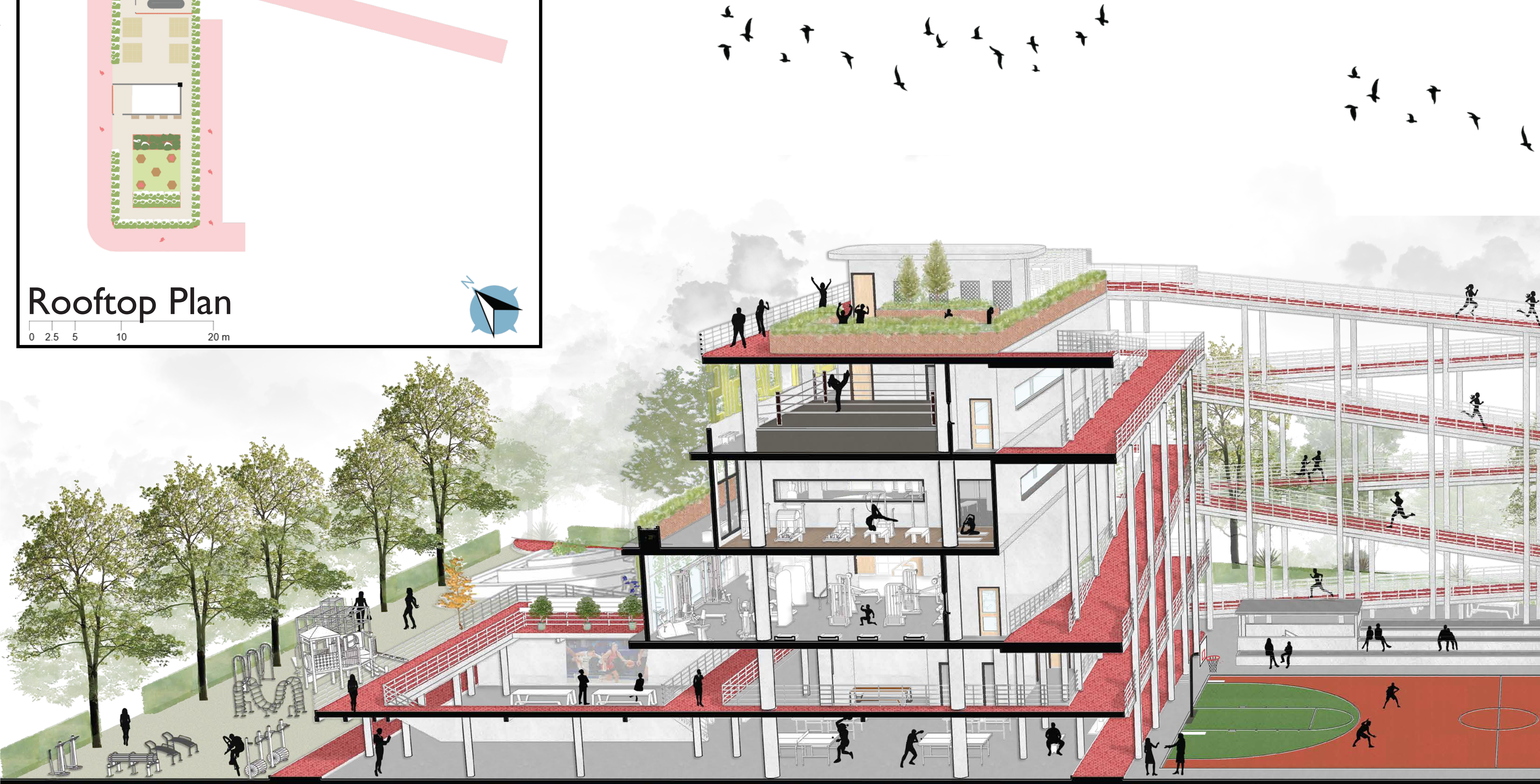
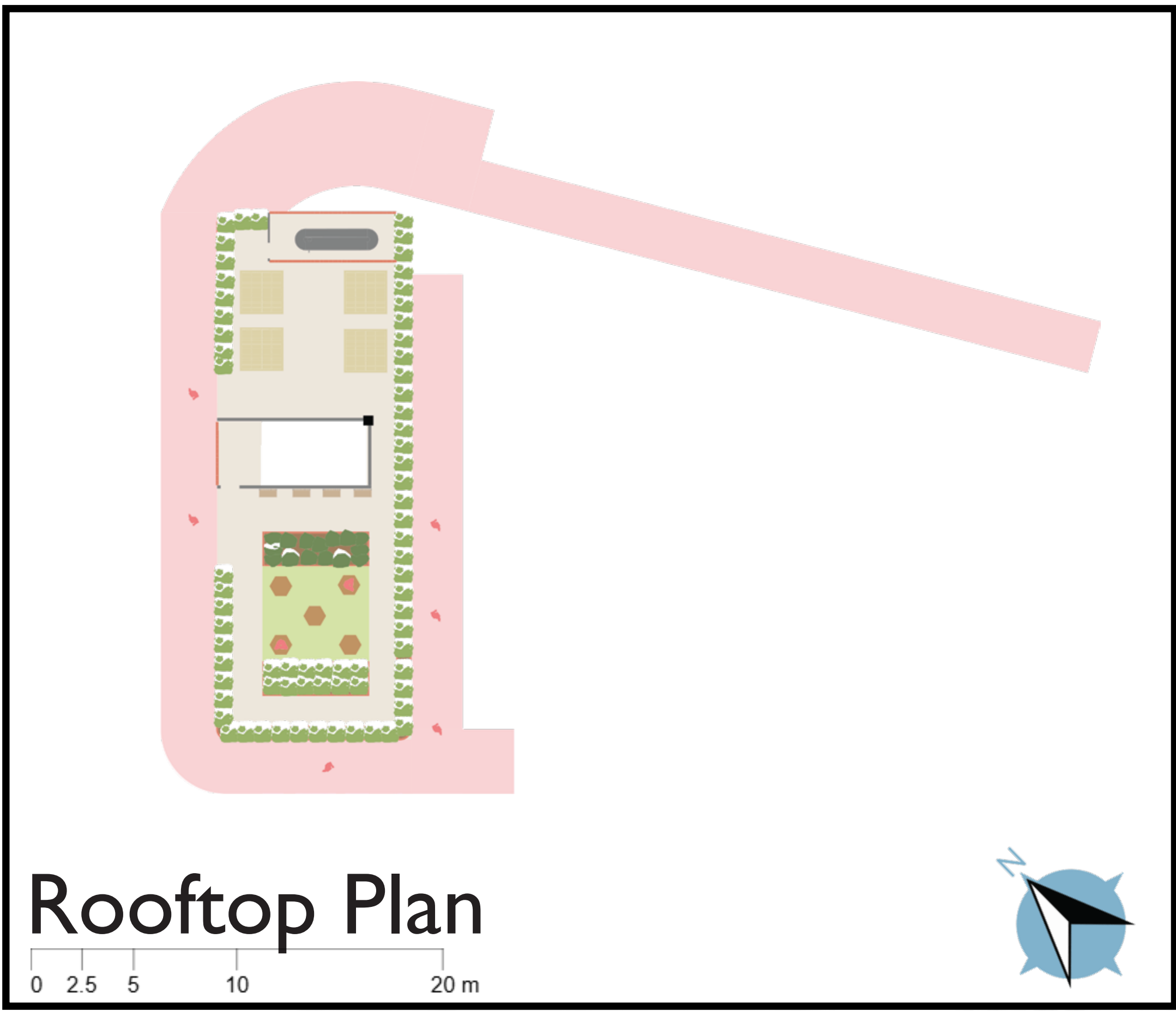


Main road access (blue) and the direction of car movement (red arrows) around the site. The clear one-way flow ensures smooth circulation and highlights the main entry point marked with "WELCOME".

The building is designed to allow natural wind to flow through open spaces and corridors. Cross ventilation and rooftop openings help keep the space cool, reducing the need for air conditioning and creating a more comfortable environment for users

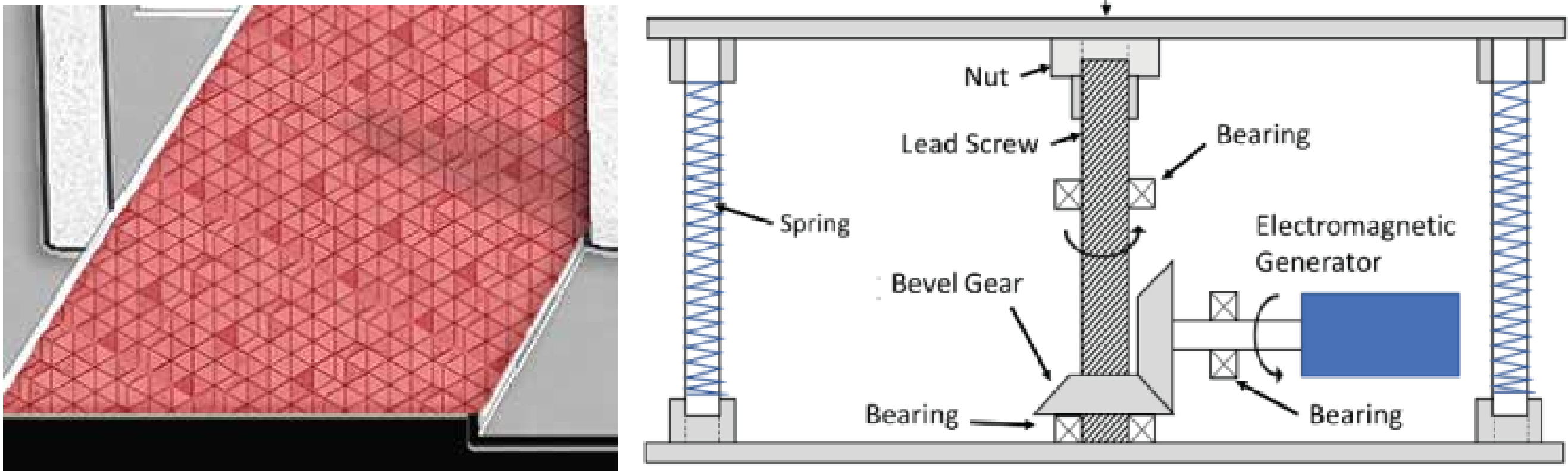
The building is strategically oriented to minimize direct exposure to the harsh western sunlight, which is the most intense. Key activity spaces are placed away from the west side, while the building massing and shading elements protect interior spaces from overheating. The building also deign alot of window to maximise the natural lighting. This passive design approach improves indoor comfort and reduces energy use for cooling and artificial light.





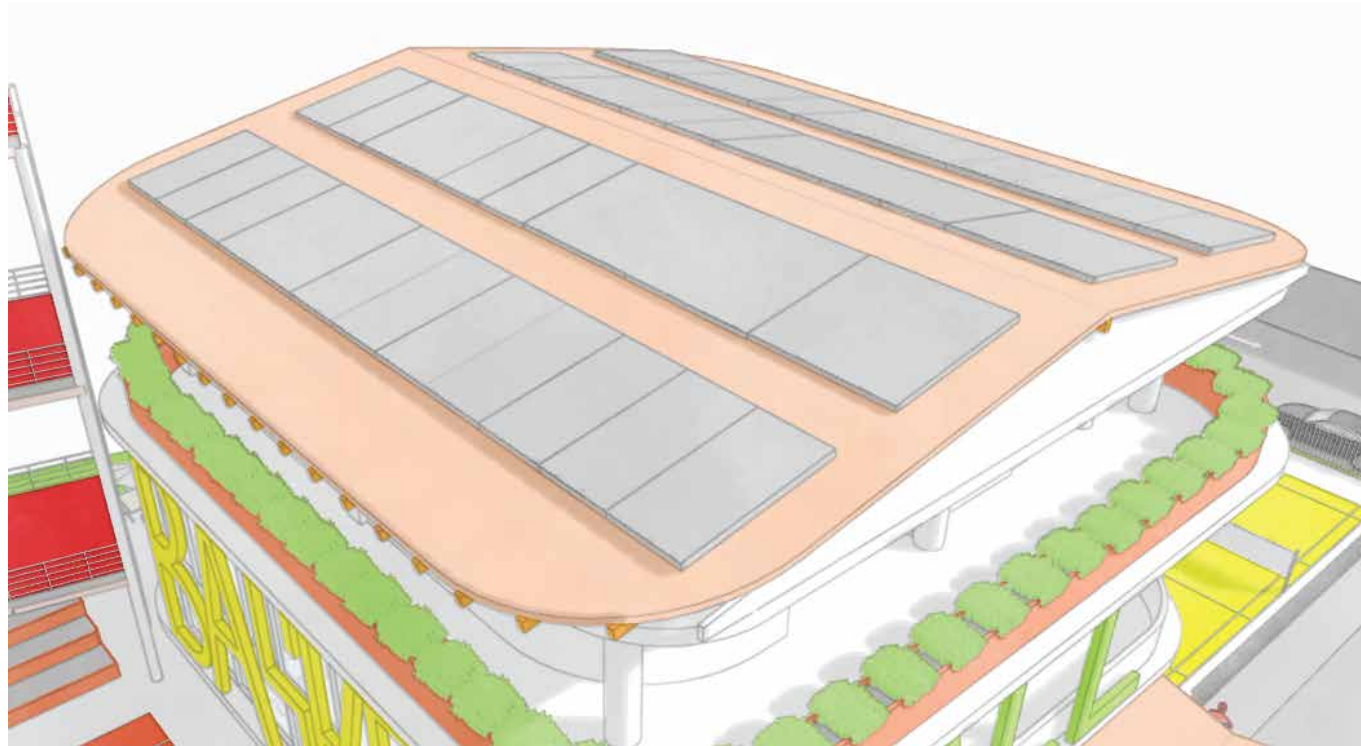
Green Strategy

Energy-Generating Jogging Track (Pavegen Tiles)



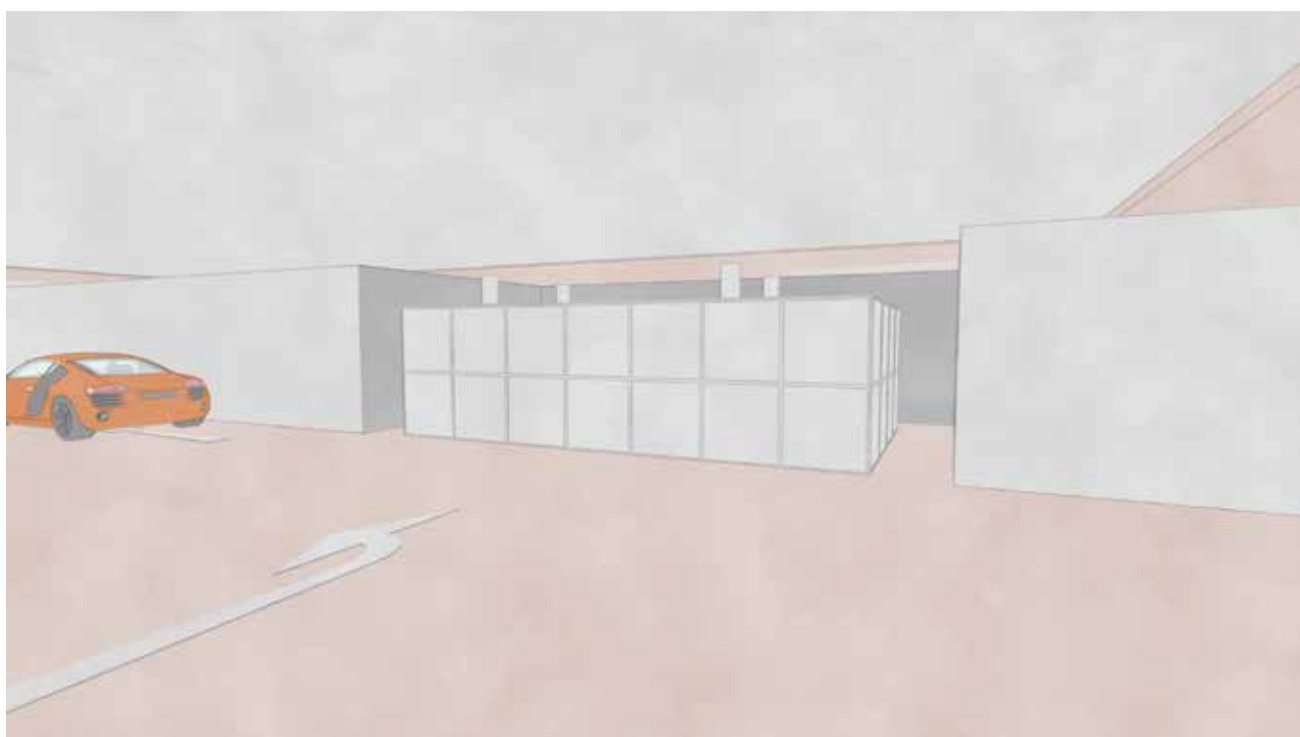
Kinetic floor tiles are embedded along the red jogging path. As users run or walk, their footsteps generate clean electricity that helps power parts of the building, such as lighting along the track.

Rooftop Solar Panels

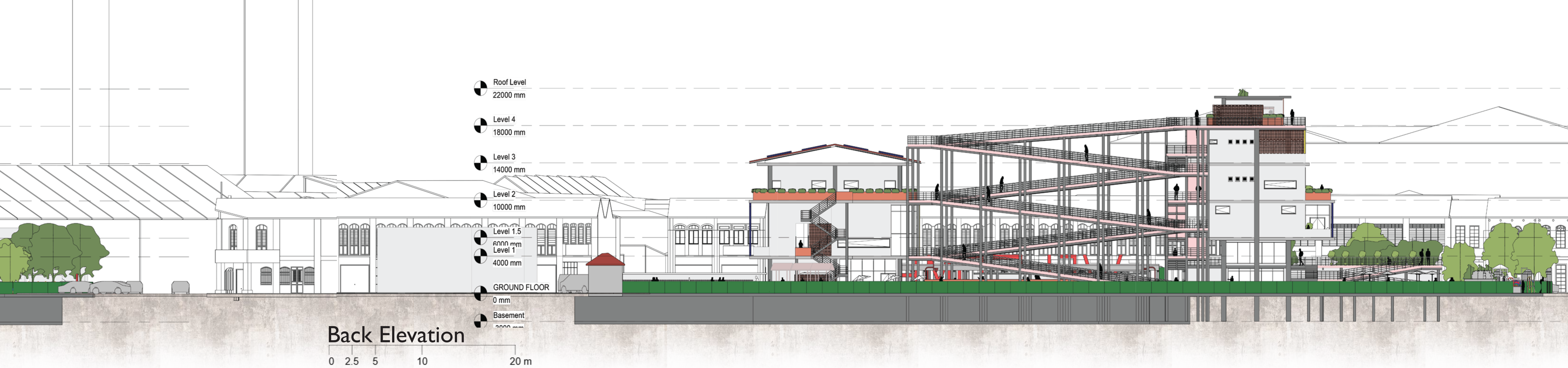


Solar panels are installed on the roof to harvest solar energy. This reduces reliance on grid electricity and supports the building's gym, lighting, and air circulation systems.

Rainwater Harvesting System

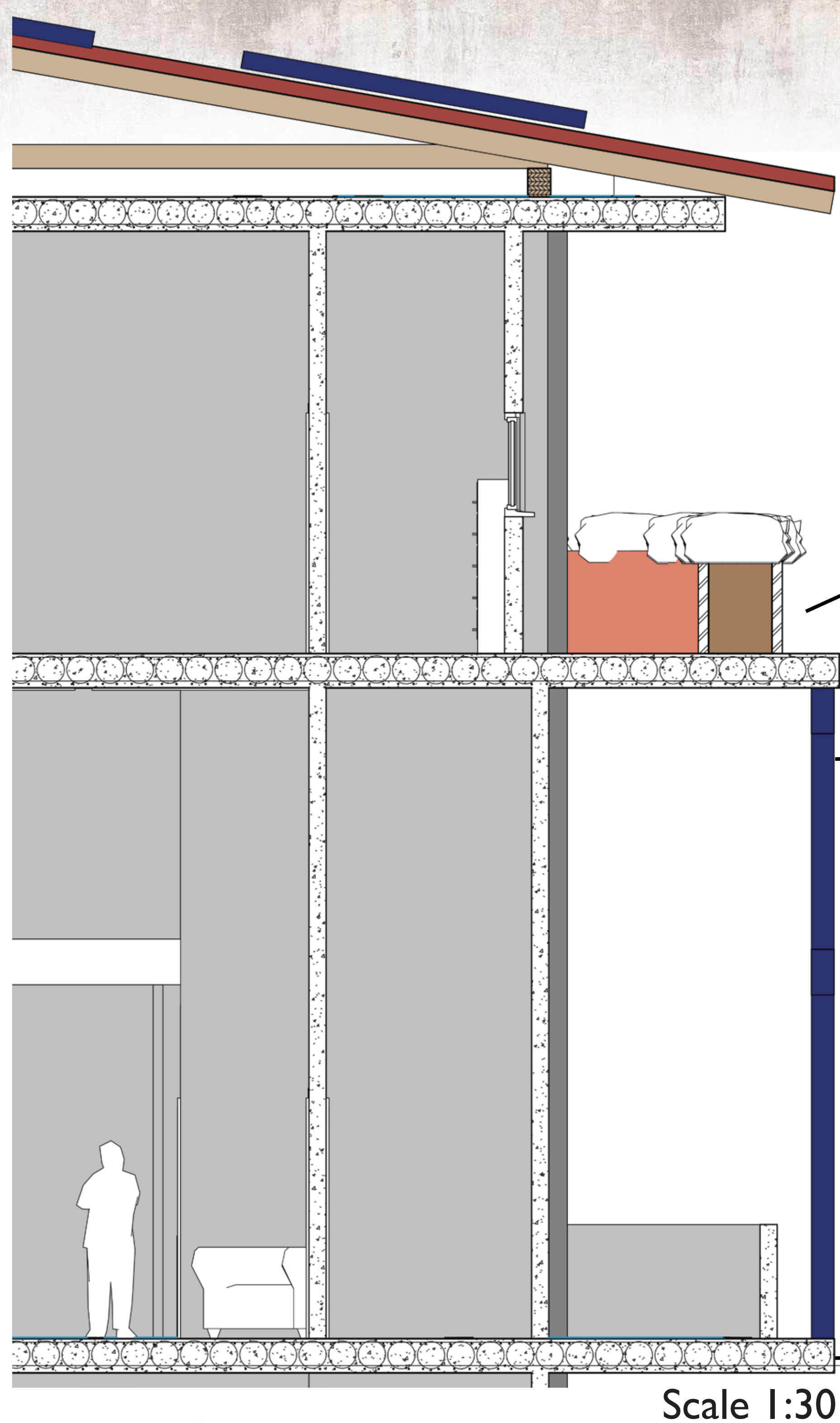
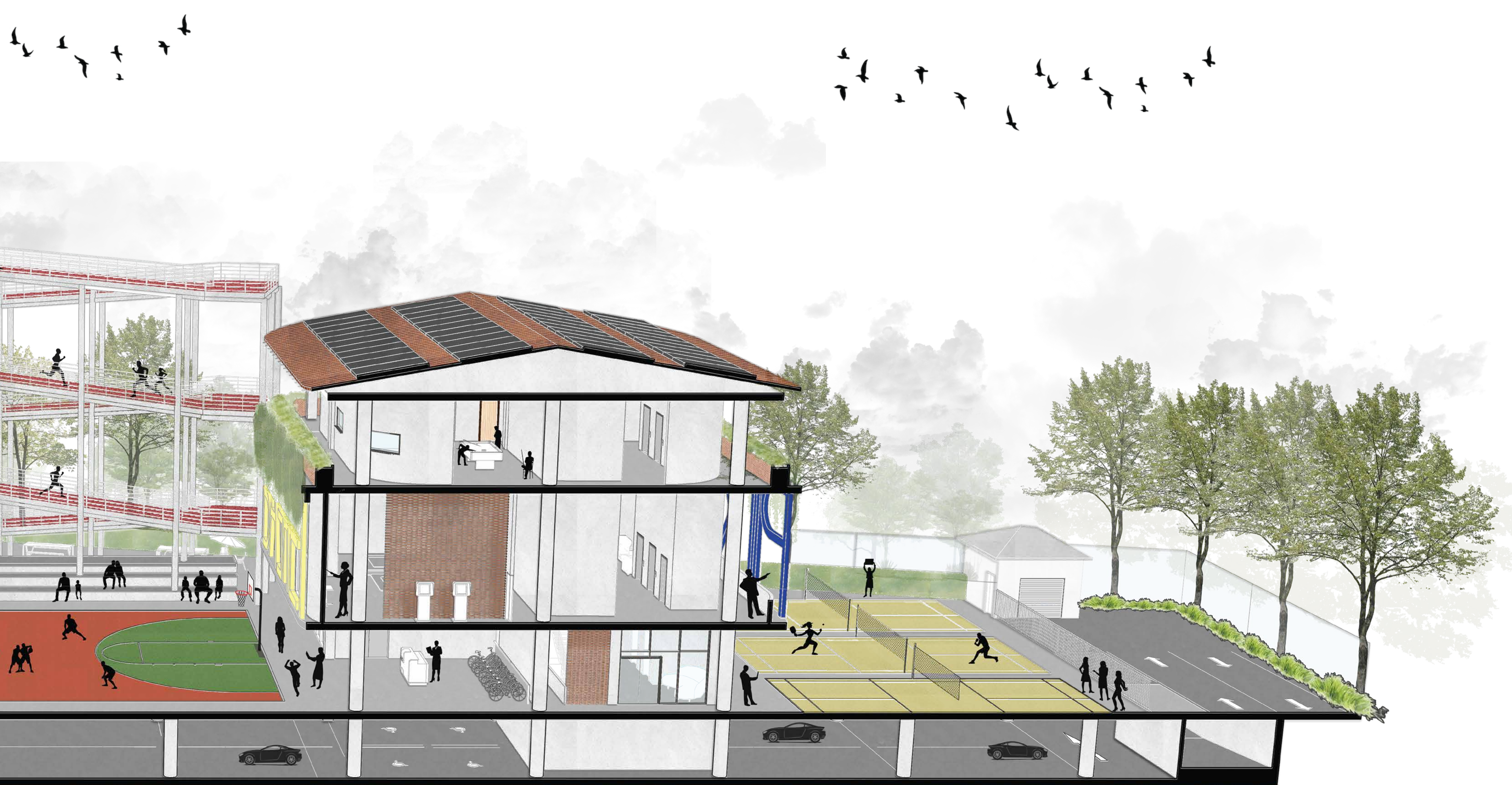


Rainwater is collected from the ground-level drainage and rooftop surfaces, then funneled to a storage tank located in the basement. This water is filtered and reused for toilet flushing, irrigation, and general maintenance.

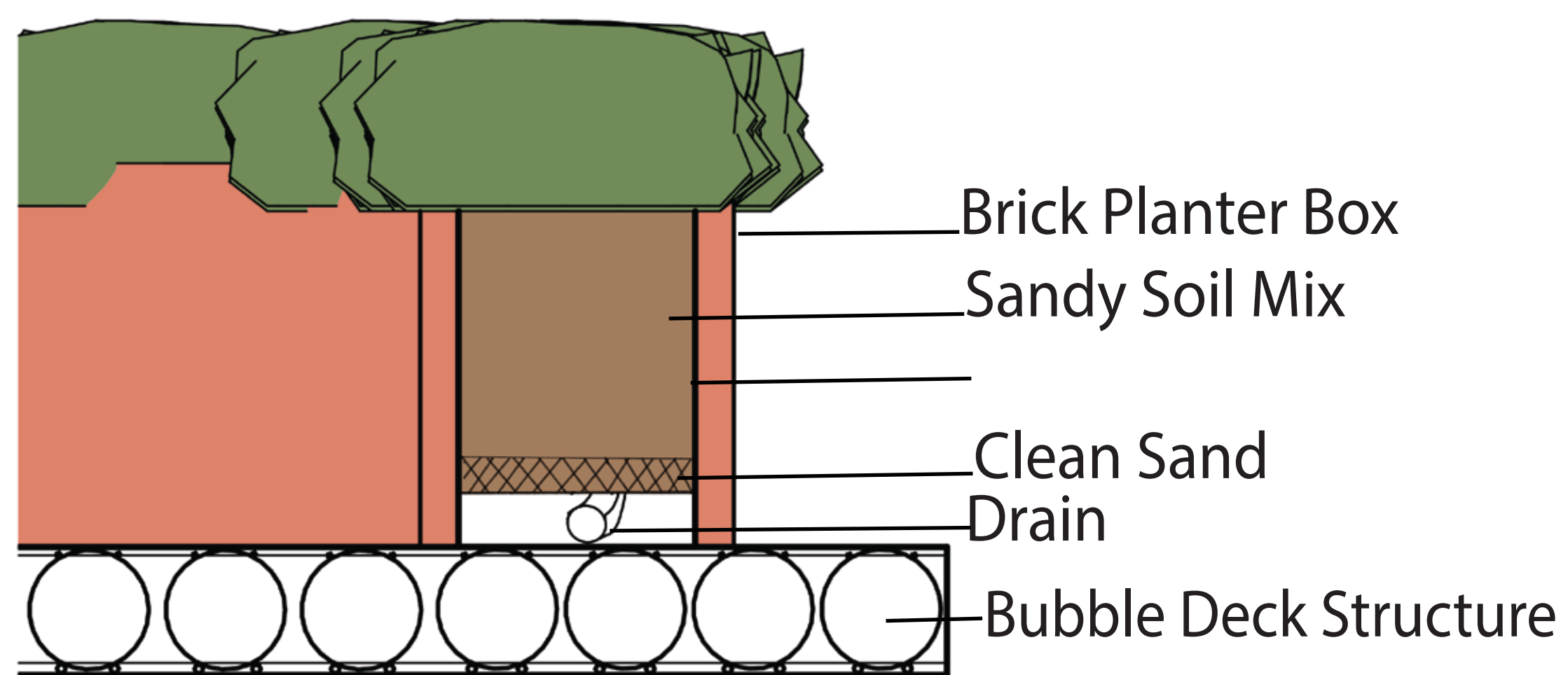


PERSPECTIVE

(NTS)

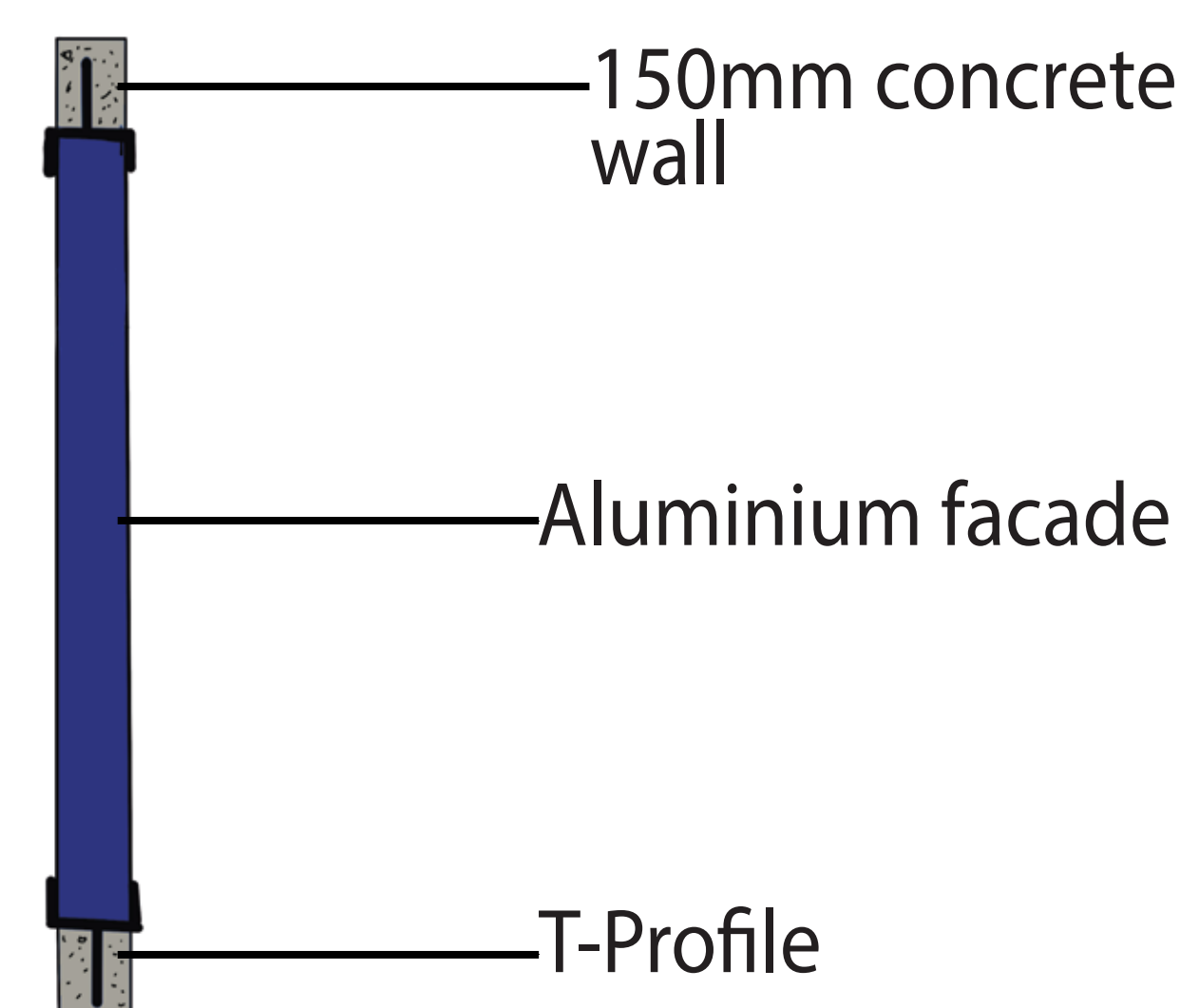


Planter box details

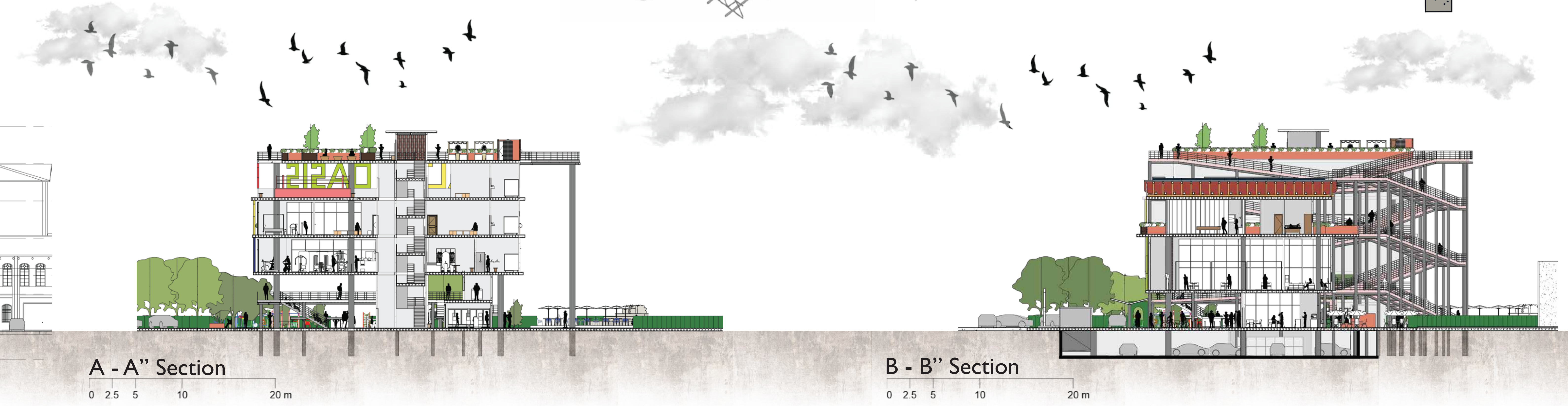
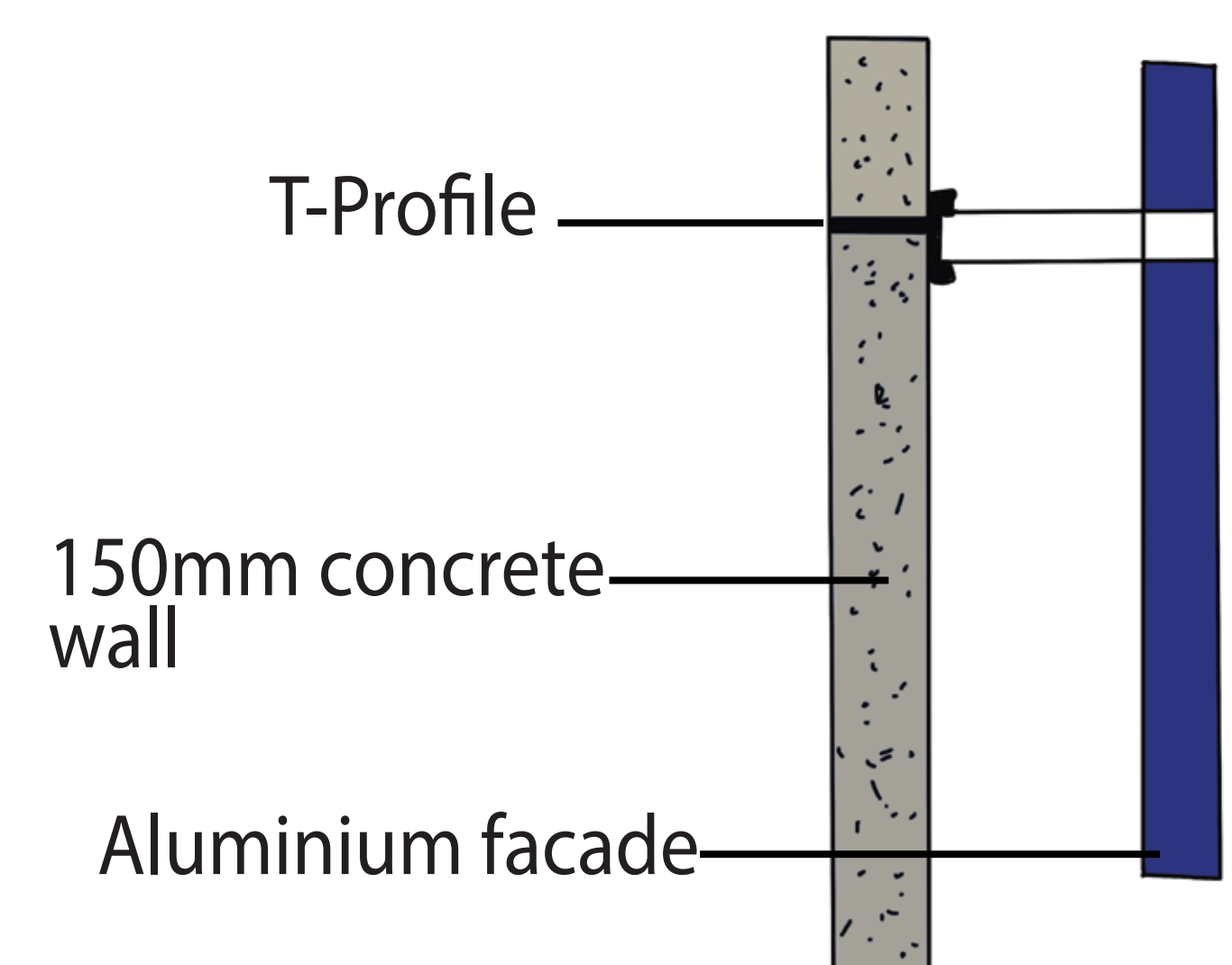
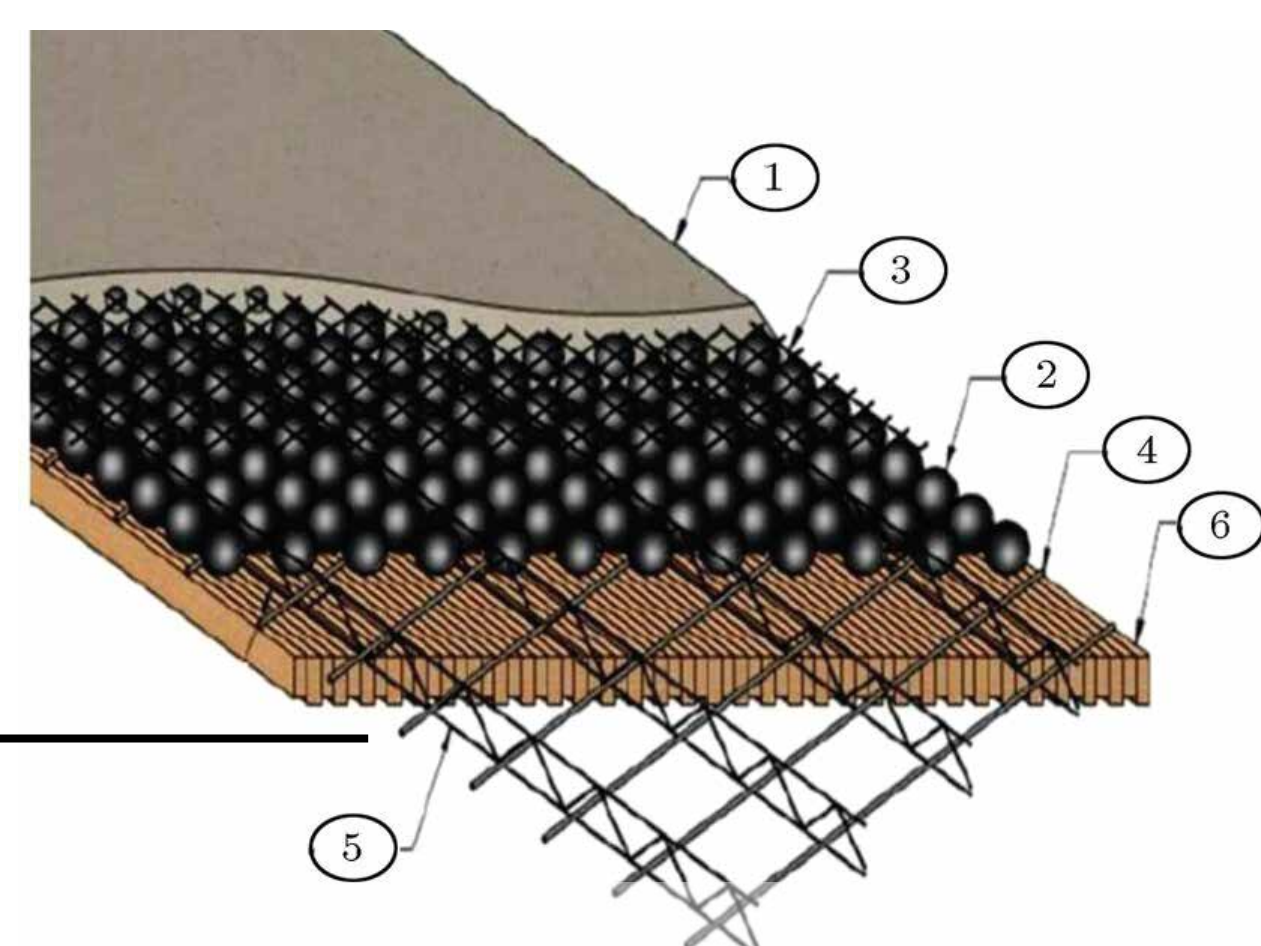


Aluminum Facade

(Support by upper wall)



Bubble deck structure



A - A' Section

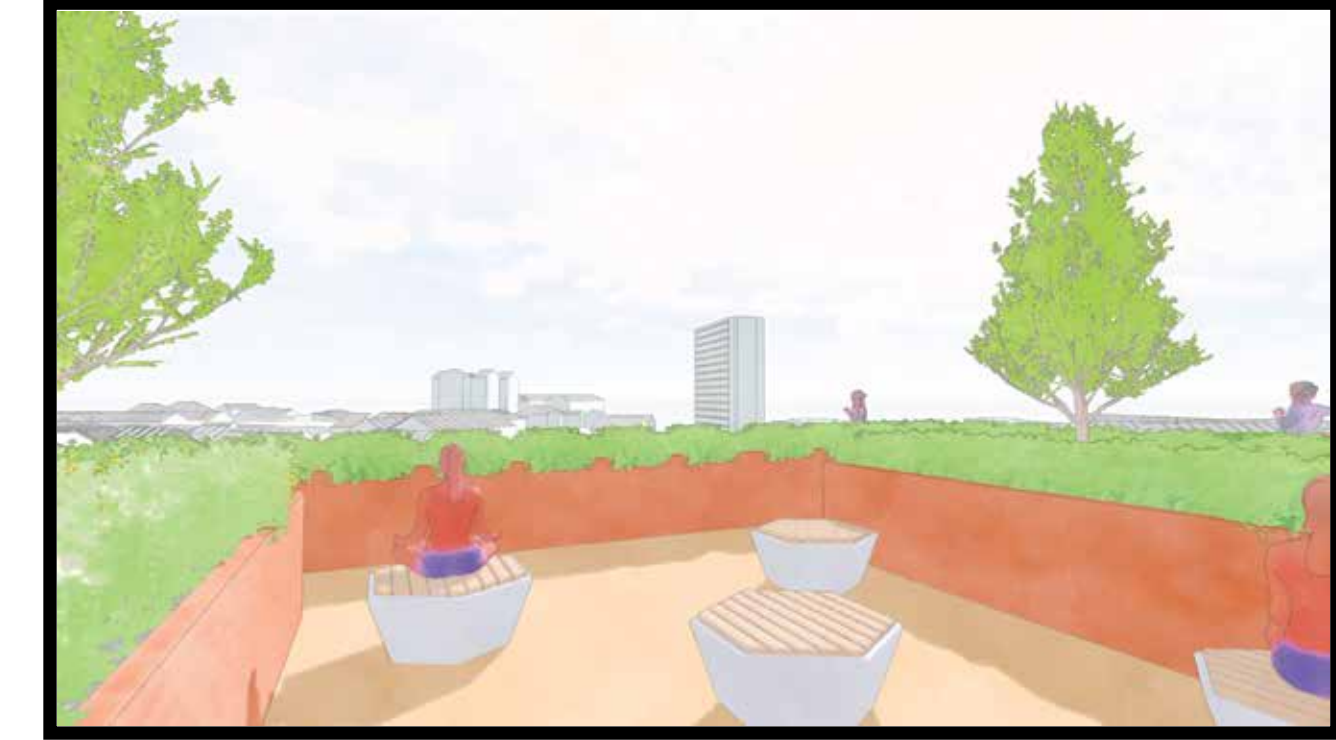
B - B' Section



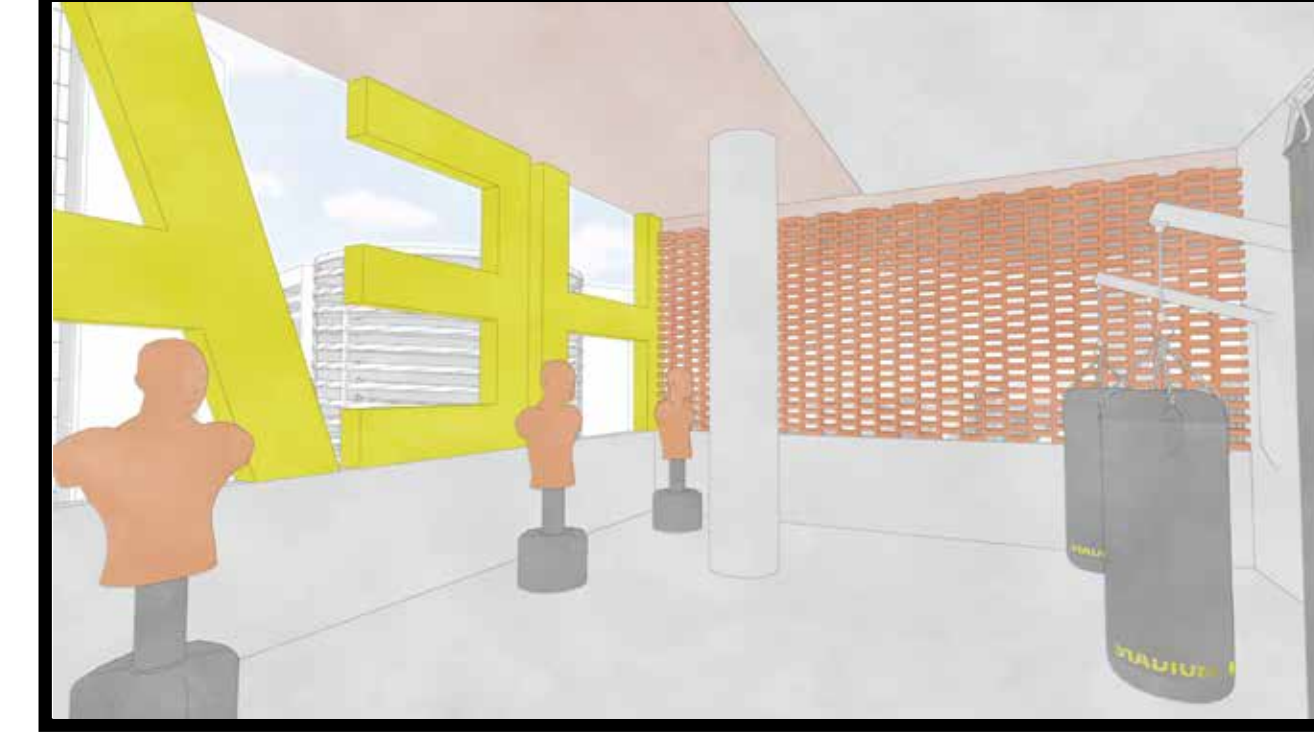
Rooftop chill area



Meditation Space



3F: Training Room



2F: Yoga Room



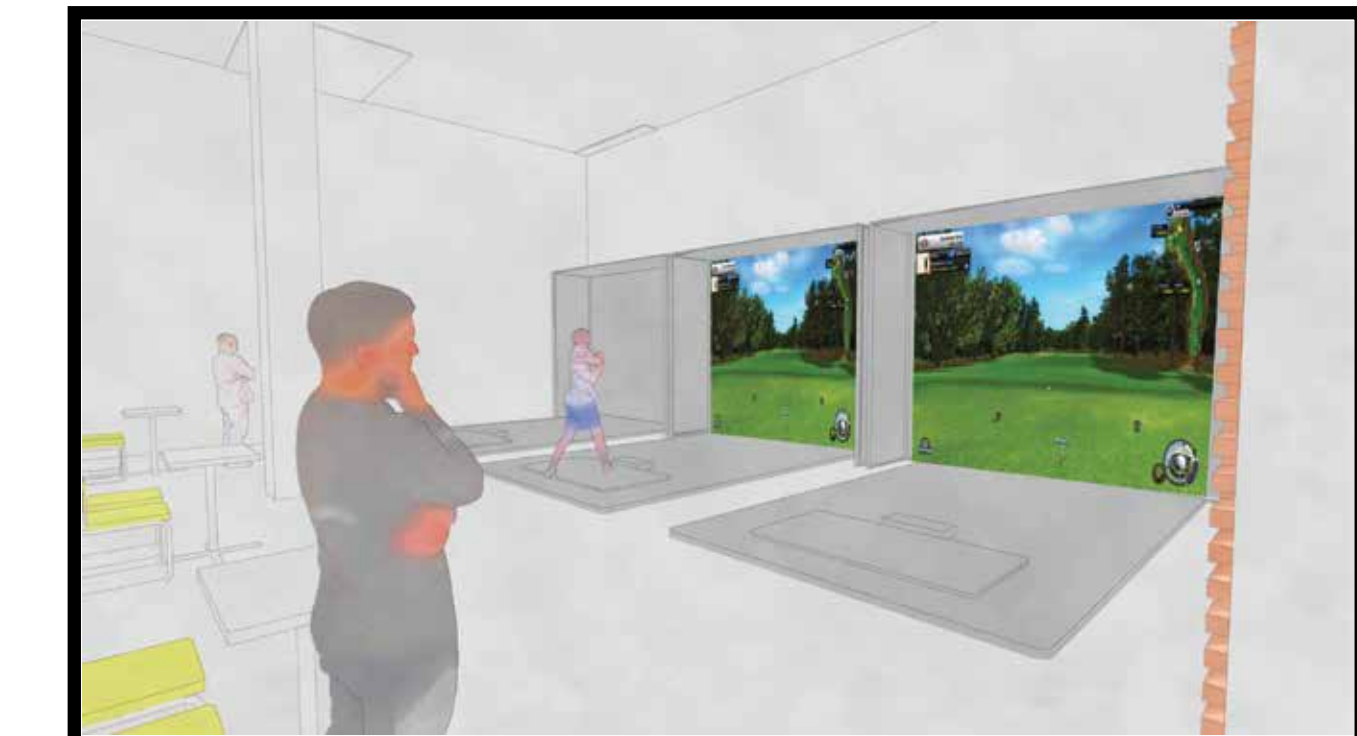
2F: Pilates Room



1F: Gym Room



1F: Golf simulator



GF: Bicycle Rental



GF: Pickle Ball Court



GF: Basketball Court



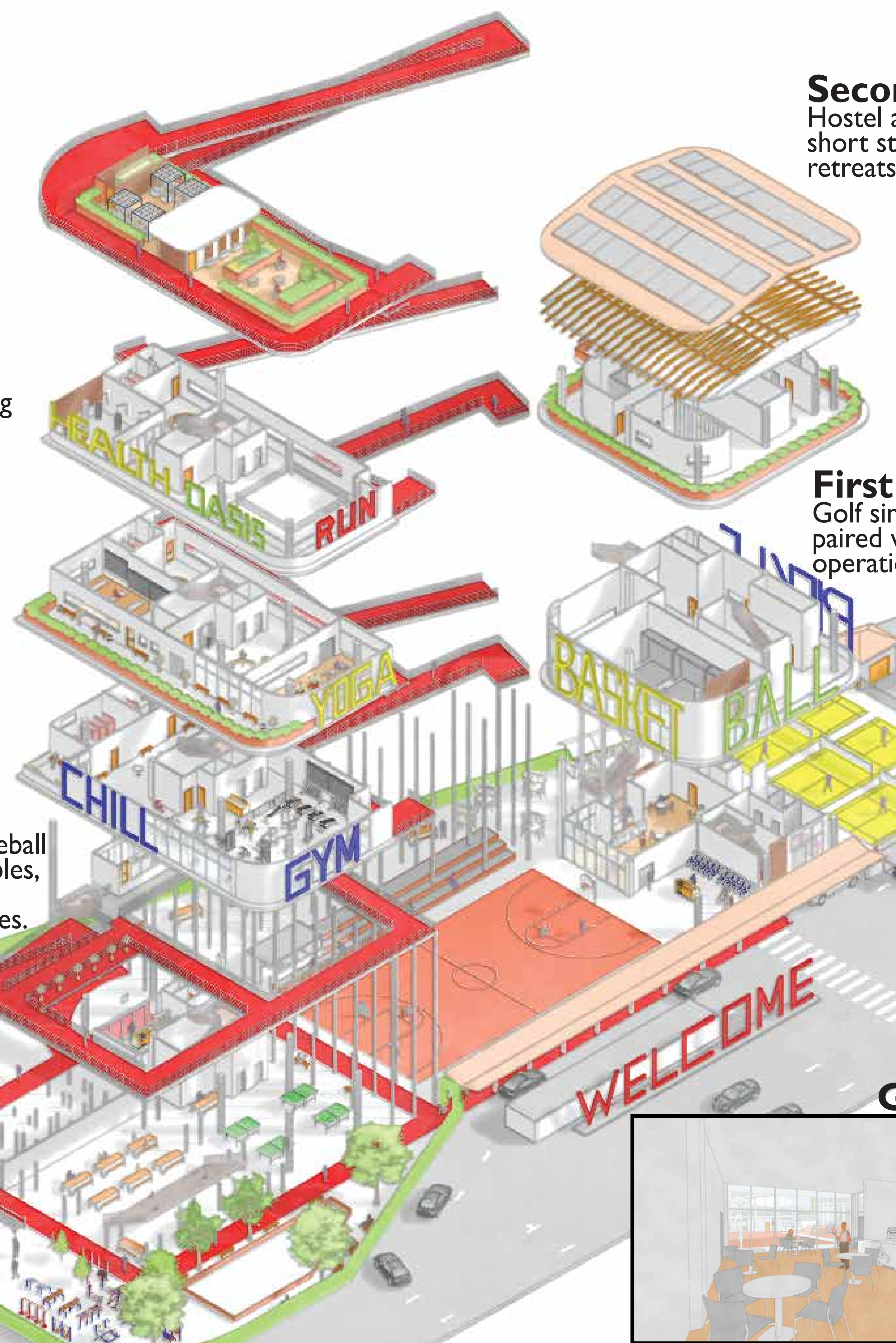
Second Floor:
Hostel accommodation for short stays and wellness retreats.

First Floor:
Golf simulator for leisure, paired with office space for operational support.

GF: Cafe



GF: Ping Pong



Rooftop:
A serene green wellness zone for meditation and relaxation, offering panoramic views.

Third Floor:
High-energy zone with a boxing ring and flexible training area.

Second Floor:
Calm and focused spaces for yoga and pilates practices.

First Floor:
Dedicated gym space equipped for strength and cardio training.

Ground Floor:
A vibrant public zone featuring a café, bicycle rental, pickleball court, basketball area, ping pong tables, and a jogging track — catering especially to elderly-friendly activities.

GF: Shop



GF: Outdoor Cinema

