

5 Facts about The Vital Office

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KuóStudio
designs places to be



**The Vital Office helps
employees stay vital
and healthy.**

Introduction

'The Vital Office' was born from our passion for design, health and wellbeing. Over the past years, we have deepened our knowledge of the many studies on the impact of the environment on people's health.

How can you stimulate, activate and inspire the people using a space? What makes people want to come to a place, stay there and keep returning? What turns a space into a place to be? How can you encourage people to move without them even noticing, help them focus better, and what is the impact of the environment on sickness absence?

Based on our research, we developed a unique approach in which we apply vitality by design. We use a vitality recipe: a set of ingredients for creating places where people can work as optimally and energetically as possible.

We do this, among other things, by using nudging, routing, activations and a variety of work settings. In this way, employees are subtly encouraged and activated to move more throughout the day.

By creating a beautiful interior where meeting and connecting take centre stage, we increase work satisfaction and strengthen the bond with the organisation. In our designs, good air quality, the right lighting, pleasant acoustics, biophilic design and the presence of greenery are essential ingredients for working in a vital way. Sustainability is not an afterthought in this, it is the foundation of every good design.

The advantage of our approach is that the effect does not depend on employees' intrinsic motivation. The Vital Office makes people more vital and healthier.

In this e-book, we present five facts about The Vital Office for you. Enjoy reading.

The Vital Office creates
a 15% reduction in
sickness absence.



Sustainability



Place to Be



Physical activity



Greenery

Fact 1.

The Vital Office reduces sickness absence.

By creating a work environment where employees can work in a more vital way, you reduce sickness absence. When there is more attention for relaxation, movement and the right setting, physical complaints such as RSI and back pain are less likely to develop. This also helps reduce feelings of stress.

Sickness absence as a cost driver

Vital employees are essential for any organisation. Personnel costs, including salaries and benefits, account for around 90% of operational costs.

That is why productivity and employee health deserve the greatest attention from every organisation. A relatively small change can already have a major impact. Especially now that stress and workload are the main causes of work related absence in the Netherlands.

The costs of poor health differ per sector and per country and are rarely comparable, but the impact is clear:

'Annual sickness absence in the Netherlands affects 3.3 million employees. That is 47% of the working population. It costs employers 11.5 billion euros per year, 4% of total wage costs.'



Fact 2.

The Vital Office increases productivity.

By creating a work environment where employees can concentrate properly, you increase productivity and lower stress levels. Research shows that many people are sensitive to distraction. Every interruption leads to 10 to 15 minutes of lost concentration. 53% of employees say they are affected by noise.

Office acoustics and focus

The AB study by the Stress Research Institute in Stockholm shows that improving acoustics in an open plan office environment leads to a 30% reduction in stress and distraction. Other studies show that green increases concentration.

By integrating activation points into the work environment, you stimulate movement and relaxation. This helps restore focus and reduces tension in the body.

Climate and performance

A lack of fresh air, air pollution and elevated CO2 levels can reduce productivity by 10 percent. Good climate control is therefore essential.

The Vital Office delivers:

- 30% reduction in adrenaline levels
- 60% increase in task motivation
- Up to 50% improvement in performance and accuracy for complex tasks
- 20% improvement in mental arithmetic

Sources:
EEcophon / Stress Research Institute Stockholm | Sundbyberg Study | ecophon.com |
WorldGBC | What Makes an Office Building Healthy (2020) | worldgbc.org

A photograph of a modern office interior. In the foreground, there's a grey ergonomic office chair. Behind it, a wooden desk with a computer monitor. A large green plant in a wooden planter sits on the desk. In the background, there are blue cubicle partitions and another desk with a chair. Large windows let in natural light. A semi-transparent green box with white text is overlaid on the top left of the image.

The Vital Office makes people more energetic and reduces stress.

Fact 3.

The Vital Office creates more wellbeing and relaxation.

An office with a beautiful interior, where attention has been paid to a healthy working climate, increases employees' sense of wellbeing. Adding plenty of greenery to the work environment makes a real difference. Office plants purify the air, add oxygen and improve air quality and even acoustics. You experience less stress and feel more energised thanks to cleaner air. On top of that, plants are a beautiful aesthetic addition.

Greenery and wellbeing

Research shows that health complaints can decrease by as much as 23% when plants are present.

Biophilic design in practice

Nature has a naturally positive effect on people, and that applies to offices too. By incorporating natural elements into the interior, such as organic shapes, colours, scents, textures and spaces that offer a sense of shelter, employees experience more calm, energy and creativity. An indirect association with nature in the interior has a major impact on employee vitality.

Sustainable materials

Sustainable materials and a circular approach to interior design further strengthen the sense of wellbeing. Recycled and bio based materials, locally produced items and refurbished furniture do more than benefit the environment, they also inspire pride and give meaning to the workplace.



Greenery



Lighting



Indoor climate



Sustainability



Acoustics

Sources:

University of Exeter exeter.ac.uk | WUR Groen goed voor de gezondheid wur.nl | Zhao et al. (2025) | journals.sagepub.com

The Vital Office increases motivation and builds connection.



Activation



Biophilic Design



Sustainability



Identity



Greenery



Place to Be

Fact 4.

The Vital Office, a Place to Be, creates more work enjoyment.

Labour shortages have not been this high in years. How do you retain people and attract new talent? The answer is creating a Place to Be: an interior that is so attractive, inspiring and functional that people want to come there, stay there and return.

Feeling at home at work

Employees enjoy working in an environment where they feel at home. By optimising spaces for meeting, collaborating and inspiration, you increase productivity, job satisfaction and connection. Smartly differentiated work settings, for focus, consultation, recovery and meeting, also make the space more efficient and future proof.

The work environment can be so appealing that employees would rather work there than from home. This also has a positive effect on attracting new staff. After all, would you rather travel to an office with dated, impersonal interiors, or to a workplace that reflects what your organisation stands for and where you feel at home?

From 'have to be' to 'want to be'

Staying there becomes a real experience. The office changes from a place you have to be to a place you want to be. A place where you can work vitally.

Sources:
WorldGBC | Building Owners Beginning to See Business Benefits of Healthier Buildings | worldgbc.org



The Vital Office, where
people work optimally and
energetically.



Biophilic Design



Identity



Place to Be



Sustainability



Greenery



Lighting

Fact 5.

Investing in vitality pays for itself.

Research shows that investing in a vital work environment pays for itself, with a measurable return of on average 3 to 6 times the investment, through lower absence, higher productivity and greater engagement.

Vitality programmes at work

In the broader research on workplace wellbeing, studies have looked at vitality programmes and the employer's role in reducing lifestyle related and health related risks among employees.

The key findings in brief:

- Lower healthcare costs
- Higher productivity
- Participants are less often ill and perform better than non participants
- Improved morale
- Greater self confidence, pride and employee engagement

An environment that reflects what an organisation stands for also strengthens the employer brand and makes the office a competitive advantage in a tight labour market.

The Vital Office

The Vital Office is based on vitality by design. Through vital interior design, employees' vitality and sense of wellbeing are subconsciously strengthened, regardless of their intrinsic motivation. This allows them to get the best out of themselves with ease.

Sources:

Harvard Business Review (2010) | What's the Hard Return on Employee Wellness Programs | hbr.org |
Harvard Business Review (2020) | What Makes an Office Building Healthy | hbr.org



The Vital Office

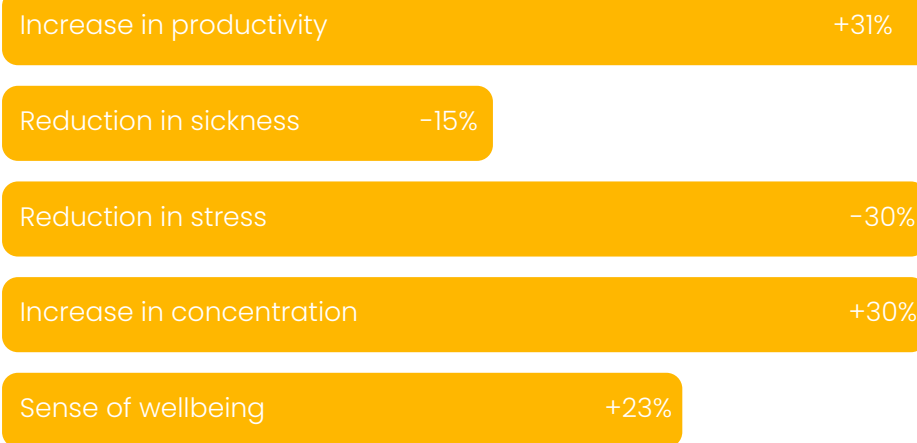
What does it deliver?

More and more organisations recognise the importance of healthy work and vital employees. Companies that invest in this gain a great deal in return.

To summarise, The Vital Office is a place where employees and clients:

- want to come, stay and return
- can work more efficiently
- find more relaxation
- experience wellbeing
- are able to excel
- enjoy more work satisfaction
- are less likely to become ill

The Vital Office brings work enjoyment and gives value.



The Quicksan is the first step towards The Vital Office.

Office Vitality Scan

What does your work environment do for you today?

You have read the facts. But how does your office score? Where are the opportunities for more vitality, less absence and higher productivity?

In 45 minutes, the Office Vitality Quicksan gives you clarity, online via Teams, with no obligations.

What you get:

- Insight into how your space works today and where the gains lie
- A clear conversation about renovating, redesigning or relocating
- Focus on vitality, wellbeing, focus and connection
- A PDF with findings and initial direction
- One point of contact, no obligations
- Free for organisations with 30 or more workstations.

For HR:

discover what the work environment means for job satisfaction, engagement and absence.

For Facility:

gain insight into space usage and the smartest next step.

For executives:

see where the ROI of your work environment can grow.

Scan the QR code and book your quickscan directly.



More information

We would be happy to tell you more about what a vital interior can mean for your organisation.

Contact us.

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