

Case Study | Community

The First Certified Island Community by Aldar

Fahid Island, Abu Dhabi

Fitwel Certified ★★★

AWARDS
2025 Best in Building Health Winner
Highest Acreage certified in 2024

CERTIFICATION PERFORMANCE
Fitwel Rating ★★★
Fitwel Score: 129

LOCATION
Abu Dhabi, UAE

BUILDING OWNER
Aldar

SCORECARD
v2.1 Community

SIZE (SF/M)
36,427,279 SQ FT

PEOPLE IMPACTED
39,000+

ALDAR

2025 BEST IN BUILDING HEALTH

Why did Aldar Pursue Fitwel?

Aldar pursued Fitwel to meet consumer demand for healthier living environments. On Fahid Island, a 36.4 million-square-foot development, Aldar is going beyond sustainability to prioritize resident well-being and quality of life.

Fitwel's evidence-based strategies guide the creation of walkable, inclusive, and active communities, while standardized health-focused policies strengthen operations across Aldar's portfolio. By certifying at the design phase, Aldar is setting a global benchmark for sustainable, health-driven development in a competitive real estate market.

This approach is differentiating their properties in a competitive real estate market and setting the standard for new large scale developments.

> As Aldar expands across the Middle East, we are not just building communities—we are shaping a future where wellness, sustainability, and prosperity go hand in hand. Our commitment is to create spaces that enrich lives, nurture the planet, and drive lasting value for generations to come."
>
> **Jonathan Emery**, Chief Executive Officer, Aldar



The Challenge

Creating Community in Large Scale Real Estate Developments

Aldar recognizes that urbanization across the Middle East requires **balancing growth, resident priorities, and resilience** to ensure long-term sustainable development.

1. **Urban Expansion & Infrastructure**
   Meeting rapid growth demands while ensuring mobility, accessibility, and green spaces.

2. **Climate Resilience & Resource Efficiency**
   Addressing extreme heat, air quality, and sustainable resource management.

3. **Evolving Priorities & Expectations**
   Aligning large-scale developments with consumer and investor demand for meeting global health and sustainability benchmarks.

4. **Portfolio Wide Optimization**
   Standardizing policies to ensure quality and operational efficiency. at scale.

Using Fitwel to respond to The Challenge

Aldar is using Fitwel to address the challenge of meeting growing demand for wellness-driven communities that enhance livability, sustainability, and economic value. By achieving Fitwel Certification at the design phase, Aldar embeds health and well-being from the start, ensuring long-term resilience and market differentiation. This proactive approach sets new benchmarks for mixed-use developments, shaping a future that benefits people, the planet, and profitability across the Middle East.

Access to Transit & Walkable Infrastructure

Accessible public transit, trails, and safe streets boost connectivity, reduce vehicle dependence, support overall health, and can raise nearby property values—research suggests that multifamily rents near transit can be up to 14% higher than other properties.

Value & Health

Climate Resilience & Adaptation

Heat mitigation, green infrastructure, and land remediation boost health and well-being—in residential settings strategies like adding trees can save over $1,000 per building in energy costs, increase resident satisfaction, and drive revenue through referrals.

Value + Health

Public Spaces & Community Engagement

Green open spaces, noise control, and civic resources foster community engagement and social connection. Quality outdoor environments can prevent up to 3% in value loss, boost rents by up to 7%, and improve satisfaction, productivity, and retention.

Value + Health

Economic Impact Catergories

- *Reduced On-site Costs*
- *Reduced Risk Exposure*
- *Increased Productivity*
- *Increases ROI*
- *Increases Tenant Satisfaction*

Fahid Island | A Certified Island Community by Aldar
Abu Dhabi, United Arab Emirates

Fitwel Certified ★★★

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A Roadmap to Resident Satisfaction

Driven by consumer demand for health and a commitment to an evidence-based approach, Aldar is using Fitwel as a roadmap for continuous improvement. As development progresses, Aldar will garner feedback and occupant survey responses to assess resident satisfaction and the impact of Fitwel-certified features.

Measurable Health & Well-being Outcomes

Each **Health Impact Category** in the Fitwel Framework reflects key areas of community impact, shaping resident experience, operational efficiency, and long-term value.

This Fitwel certification recognizes Aldar's commitment to embedding health, well-being, and sustainability at the design stage—ensuring these principles shape future developments.

Health Impact Catergories

- **93%** achieved for **Fostering Community Health**
- **86%** achieved for **Reducing Morbidity + Absenteeism**
- **93%** achieved for **Supporting Social Equity**
- **86%** achieved for **Instilling Feelings of Well-Being**
- **92%** achieved for **Providing Healthy Food Options**
- **86%** of available points achieved for **Promoting Occupant Safety**
- **100%** achieved for **Increasing Physical Activity**

Looking Ahead: Scaling Fitwel

Aldar is committed to ongoing engagement and impact measurement to ensure Fitwel-certified strategies deliver meaningful, long-term benefits:

Continuous Feedback & Performance Tracking: Implementing occupant surveys, engagement programs, and data-driven insights to measure how Fitwel strategies impact tenant experience and operational performance.

Market Leadership: Embedding Fitwel standards into new developments & recertification processes to ensure ongoing compliance with global sustainability benchmarks, adding value to investors and consumers and keeping Aldar ahead of the curve!

Stakeholder Engagement & Education: Increasing awareness among tenants, investors and policymakers through outreach initiatives that highlight the health and business value of health-driven design.

The Fitwel Starter Kit Bundle equips you with all the tools needed to get started with the Fitwel Certification process. This bundle includes essential resources and guides, offering you a clear roadmap to navigate the updated v3 standards.

