

Concept Statement

Using public art as a means to inspire growth and personal strength, this project asks locals to look at the fertile ground of Renton's city center. One of the easiest and most touted choices associated with dedication toward physical self improvement is to take the stairs. Taking literal steps to climbing towards your goals, stairs are a clear symbol of the mindfulness needed to build healthy habits. Paired with a local staple, the blackberry, and its stages of ripening, this design is about progress and potential. The berries are fully developed, juicy and ripe. The color gradient stairs, overlaid upon the berries, depict the multiple stages of progression necessary for the fruit to evolve into something delicious. Together these two symbols speak of place and perseverance, reminders of the sweet fruits of healthy living in the PNW.

What Living Healthy Means to Me

Healthy living is all about making the right choices over and over again. Unlike many elements of modern life, there is no instant solution or upgrade to the human body in terms of fitness and health. Dedication and patience are required to make the micro decisions that add up to personal strength, energy, and the ultimate reward of improving our odds against injury and illness. It doesn't mean that you have to eat small portions of uninspired food or over exert yourself while exercising; on the contrary, it is easy to take joy in a long walk and the vibrant array of fruits and vegetables our region has to offer.

