This video-animated talk, "Vital ~ Using the Weather to Bring Buildings and Sustainability to Life," explains how the natural movements of the sun, wind and rain can be used to improve the well-being of building occupants and raise awareness of sustainable living practices. In demonstrating how buildings can be designed to reconcile their traditional role as protection from the elements with the active inclusion of their movement, it shows how, at the same time as separating us from the natural world, architecture can also be a means of reconnecting us with nature. Kevin Nute is a professor of architecture at the University of Oregon. His other publications include Frank Lloyd Wright and Japan and Place, Time and Being in Japanese Architecture. For more information, please visit: www.vitalarchitecture.org.