

++ Wellness+ + without the homework.

meet

WHIT

WELLNESS + HOME + INNOVATION + TECHNOLOGY

WHAT IS WHIT ?

WHIT is a **wellness home** built on **innovation and technology**, with every detail designed to **inspire and empower a healthier life**.

Created by the Lake Nona Institute, along with its collaborative partners, WHIT is a first-of-its-kind home designed to activate **health solutions and technologies** and research their ability to measurably improve health and well-being.

WHIT seeks to become an **international model and springboard for health awareness best practices** and an incubator for strategic partners to create new, sustainable products by understanding the value-added to consumers.

Self Guided Tours include:



PEDIATRIC CARE



THE BUILT ENVIRONMENT



SLEEP & STRESS



AGING IN PLACE



NUTRITION & PERFORMANCE

If you have questions during your tour, "Ask Alexa".

ACTIONS



RELAX

Reduce stress and improve your well-being with aromatherapy, biophilic sounds, and mindful meditation.



BREATHE

A six-stage air filtration system, low voc paint, and cork flooring tackle every major pollutant category, helping you breathe easier.



CARE

A variety of technologies enable your home to become your own personal care center capable of monitoring health issues and connecting with health professionals in real time.



MOVE

A collection of equipment, mobile apps, and games that inspire your entire family to reach exercise goals in the comfort of the home.



SLEEP

Improve the quality and quantity of sleep with circadian lighting, long wave night lighting, black out shades, and much more.

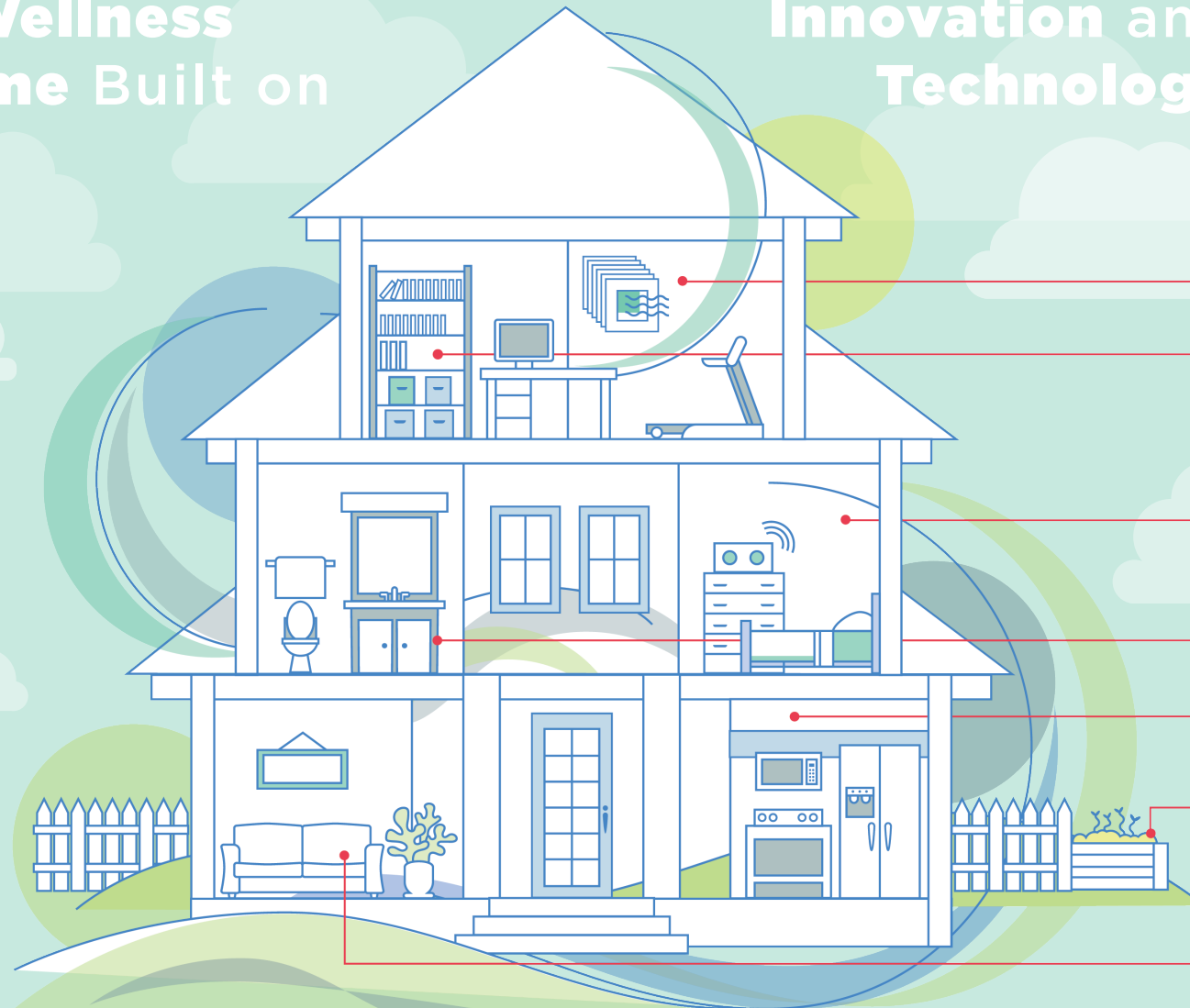


HYDRATE

Water filtration systems that reduce impurities and consumption tracking devices work together to promote optimal hydration.

A Wellness Home Built on

Innovation and Technology



SPACES



LEARN

A real-life construct and incubation lab that gathers feedback on innovative solutions designed to improve health outcomes.



BUILT ENVIRONMENT

From the sound-proof insulation, low voc paint, to the hue lighting- all materials are purposefully designed to enhance your health and wellness.



BEDROOMS

Luxury and technology intersect in unique ways to provide a restorative and soothing oasis.



BATHROOMS

An intimate yet connected space with technologies that educate, monitor, track and share health metrics.



KITCHEN

The wellness hub of the home with solutions that connect, educate and inspire family members to develop healthy eating habits.



GARDEN

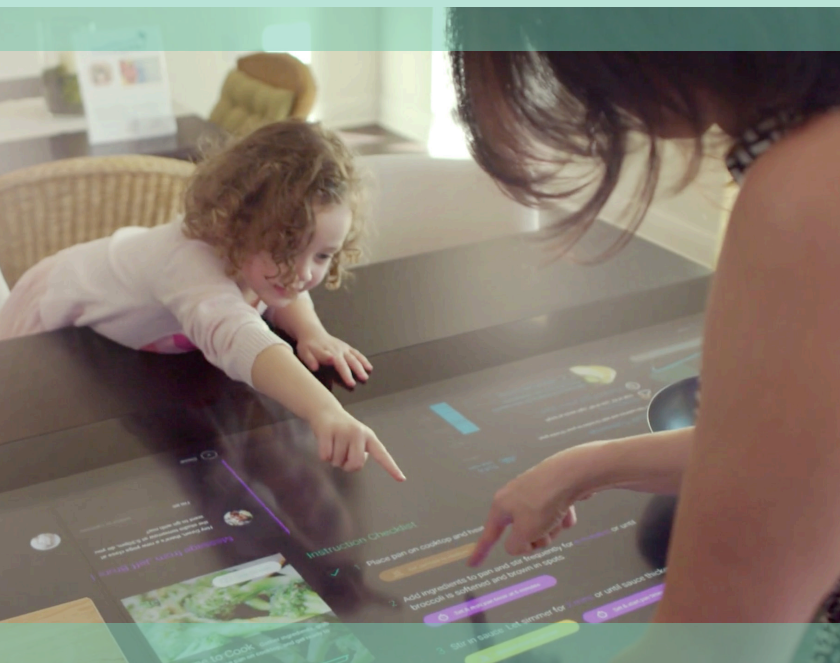
The health food store in your kitchen and backyard delivering hyper-local, sustainable and beyond organic foods for your entire family.



FAMILY ROOM

The social gathering space outfitted with interactive devices that create personalized environments to set the mood for every occasion.

Learn more at **MeetWHIT.com**



MORE INFO

Contact us for more information, to partner with us, or to share your ideas with us.

Visit WHIT at:

8464 Tavistock Lakes Blvd
Orlando, FL 32827

Call us at: **407.888.6504**

Email us at: **info@MeetWHIT.com**

Learn more about our partners:

MeetWHIT.com/partners

WHIT is an initiative of the Lake Nona Institute.