

++ 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.

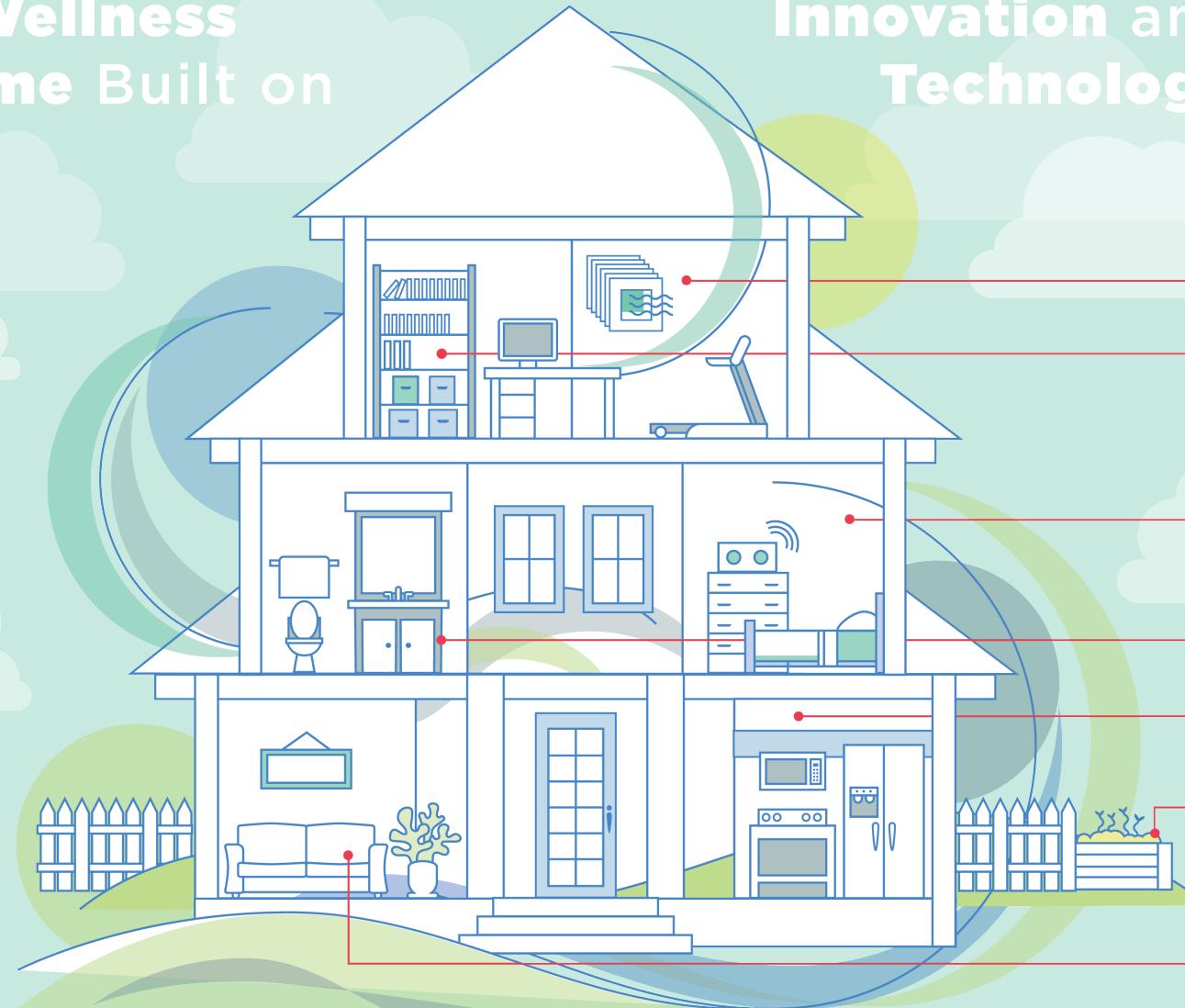


### HYDRATE

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

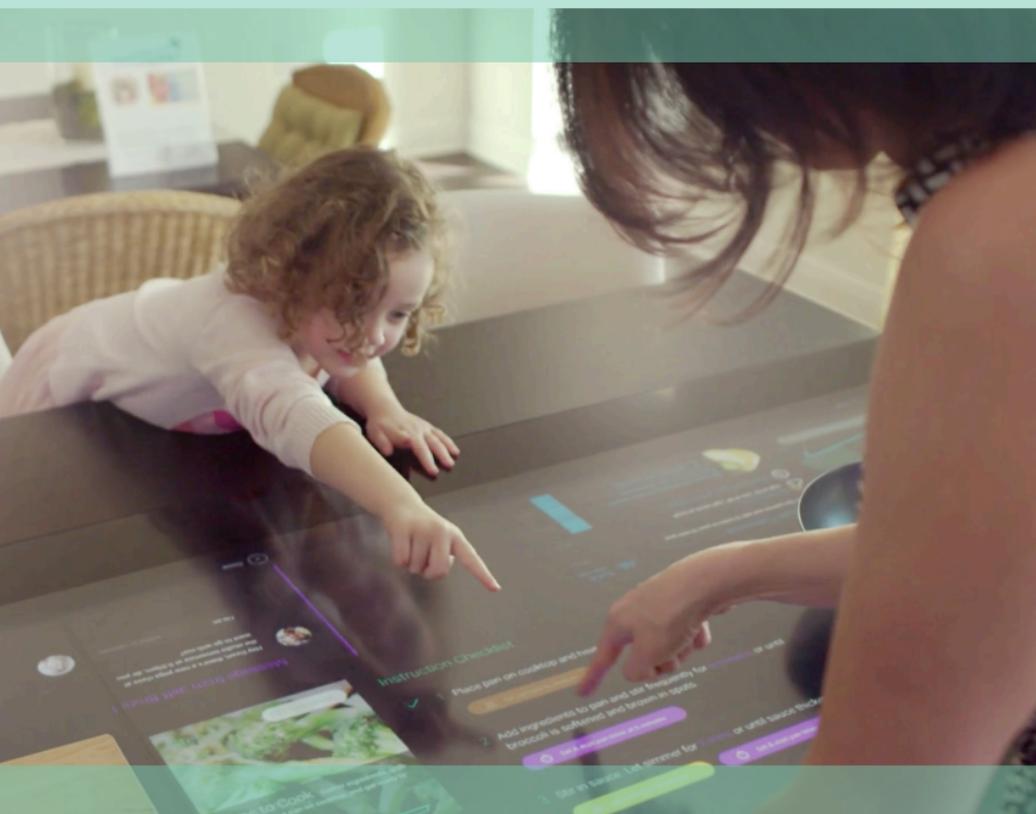
The health food store in your kitchen and backyard delivering hyper-local, sustainable and beyond organic foods for your entire family.



### 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](https://MeetWHIT.com)



## MORE INFO

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

**Visit WHIT at:**

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Call us at: **407.888.6504**

Email us at: [info@MeetWHIT.com](mailto:info@MeetWHIT.com)

**Learn more about our partners:**

[MeetWHIT.com/partners](https://MeetWHIT.com/partners)

WHIT is an initiative of the Lake Nona Institute.