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Study.

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Stay.

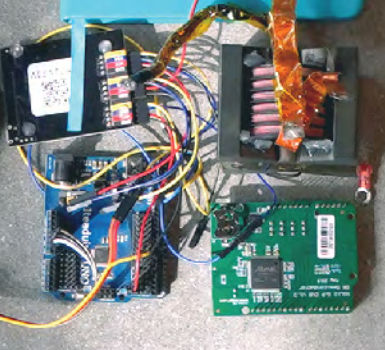
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The Lake Nona Magazine







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Planned and developed by the Tavistock Group, Lake Nona is one of the fastest growing and most innovative communities in America. Located in Orlando, Florida, the 17-square-mile community has established a new standard of living for its residents with groundbreaking initiatives around technology, mobility, and wellbeing.

Located contiguous to Orlando International Airport, Lake Nona's advanced infrastructure and commitment to collaboration has drawn companies and entrepreneurs from across the globe to join its living lab environment accelerating economic growth across health and life sciences, education, hospitality, and sports and performance.

Lake Nona's business ecosystem is enhanced by a cultural landscape defined by iconic architecture and public art installations, miles of trails and walkable green spaces, signature events, shopping, dining and entertainment options set amongst Central Florida's beautiful natural landscape and year-round sunshine.



What's Happening

There's always something fun to do in Lake Nona!

Gather with your neighbors, build community and have a blast at these events taking place throughout the year.

May

5 Cinco de Mayo
Lake Nona Town Center & Boxi Park

8 Mother's Day Celebration
Lake Nona Town Center & Boxi Park

June

4 Flavors of Puerto Rico Festival
Lake Nona Town Center & Boxi Park

19 Father's Day Celebration
Dockside Lake Nona

July

3 Great American Celebration
Lake Nona Town Center

28 Friend's Day
Lake Nona Town Center & Boxi Park

August

27 RunNona H2O
Lake Nona Town Center & Boxi Park

September

30 Oktoberfest
Lake Nona Town Center & Boxi Park

October

1 Oktoberfest
Lake Nona Town Center & Boxi Park

9 Ride 4 Ronald
Lake Nona Town Center

15 Town Harvest Festival
Lake Nona Town Center & Boxi Park

20 SpookNona
Lake Nona Town Center & Boxi Park

November

11 Veteran's Day Home of the Brave Celebration
Lake Nona Town Center

December

1 Oh, What Fun!
Lake Nona Town Center

31 New Year's Eve Celebration
Boxi Park



2022 Lake Nona Recurring Community Events

SUNLIGHT YOGA
Dockside Lake Nona
Monday, Wednesday, Saturday

YOGA NONA
Crescent Park
Saturday

MEDITATION
Dockside Lake Nona
Wednesday

CLUB CARDIO
Dockside Lake Nona
Tuesday, Thursday, Saturday

ART AFTER DARK
Lake Nona Town Center
Friday

LAKE NONA FARMER'S MARKET
Lake Nona Town Center
Saturday

SWEAT SATURDAYS
Boxi Park
Saturday

COMMUNITY PARK EVENTS
Community Parks
Monthly

YAPPY HOUR
Community Parks
Bi-Monthly

CRAFT WORKSHOPS
Dockside Lake Nona
Quarterly

LIBRARY EVENTS
Community Parks
Quarterly

CRESCENT CINEMA
Community Parks
Various Dates



Dates and times subject to change

For more information on what's happening in Lake Nona, visit LAKENONA.COM or follow along on Facebook and Instagram [@learnlakenona](https://www.instagram.com/learnlakenona) for the latest live entertainment updates.

Home Sweet Home

40 MILES TO BEACHES

TOP-SELLING MASTER-PLANNED COMMUNITY IN CENTRAL FLORIDA

44 MILES OF TRAILS

ABILITY TO PARTICIPATE IN GROUNDBREAKING, MULTI-YEAR HEALTH STUDY THROUGH **THE LAKE NONA LIFE PROJECT**

DOWNTOWN ORLANDO
20 MINUTES AWAY

1,000+ COMMUNITY EVENTS EACH YEAR

17 SQUARE MILE COMMUNITY

HOME TO USTA NATIONAL CAMPUS WITH **100 COURTS**

86% OF RESIDENTS HAVE A COLLEGE DEGREE

PRE-K TO Ph.D./M.D. FROM EARLY CHILDHOOD LEARNING TO EARNING A Ph.D. AND M.D. ALL WITHIN LAKE NONA



L I V E

W O R K

S T U D Y

P L A Y

S T A Y

Lake Nona is an epicenter for learning and education thanks to an environment that houses and harnesses incredible brainpower and a commitment to curiosity.

From the littlest scholars to Ph.D. and M.D. candidates to risk-taking entrepreneurs forging their careers paths, Lake Nona is the education hub for 16,000-plus students and some of the nation's most exciting and forward-thinking learning institutions.

With all these students contributing to the continued growth of Lake Nona, including three new public schools currently planned for the area, it's easy to see how our community has become known as a hub for research and education.



Early Childhood Education: Where It All Begins

Four early-childhood learning institutions are in Lake Nona: The Learning Experience, The Goddard School, Primrose School of Lake Nona and Amazing Explorers Academy. Each school's learning philosophy is different from the others, but all intertwine learning with play to foster a strong foundation for our littlest minds.

Elementary School:

Inspiring Students to Reach Their Full Potential

Two elementary schools in Lake Nona — NorthLake Park Community School and Laureate Park Elementary School — are both A-rated by Orange County Public Schools, and a third, Village Park Elementary, opened for the 2021-2022 school year. NorthLake Park Community School shares its space with the Lake Nona YMCA, and the two entities share resources and encourage parent, teacher and student involvement and interface to achieve lasting school success.

Middle School:

Consistent and Challenging Through the Formative Years

Lake Nona Middle School is an A-rated school featuring the most up-to-date, technologically advanced resources for its staff and students. The school's vision is to ensure every student has a promising and successful future, fueled by their education.

High School:

Making Memories and Forging Forward

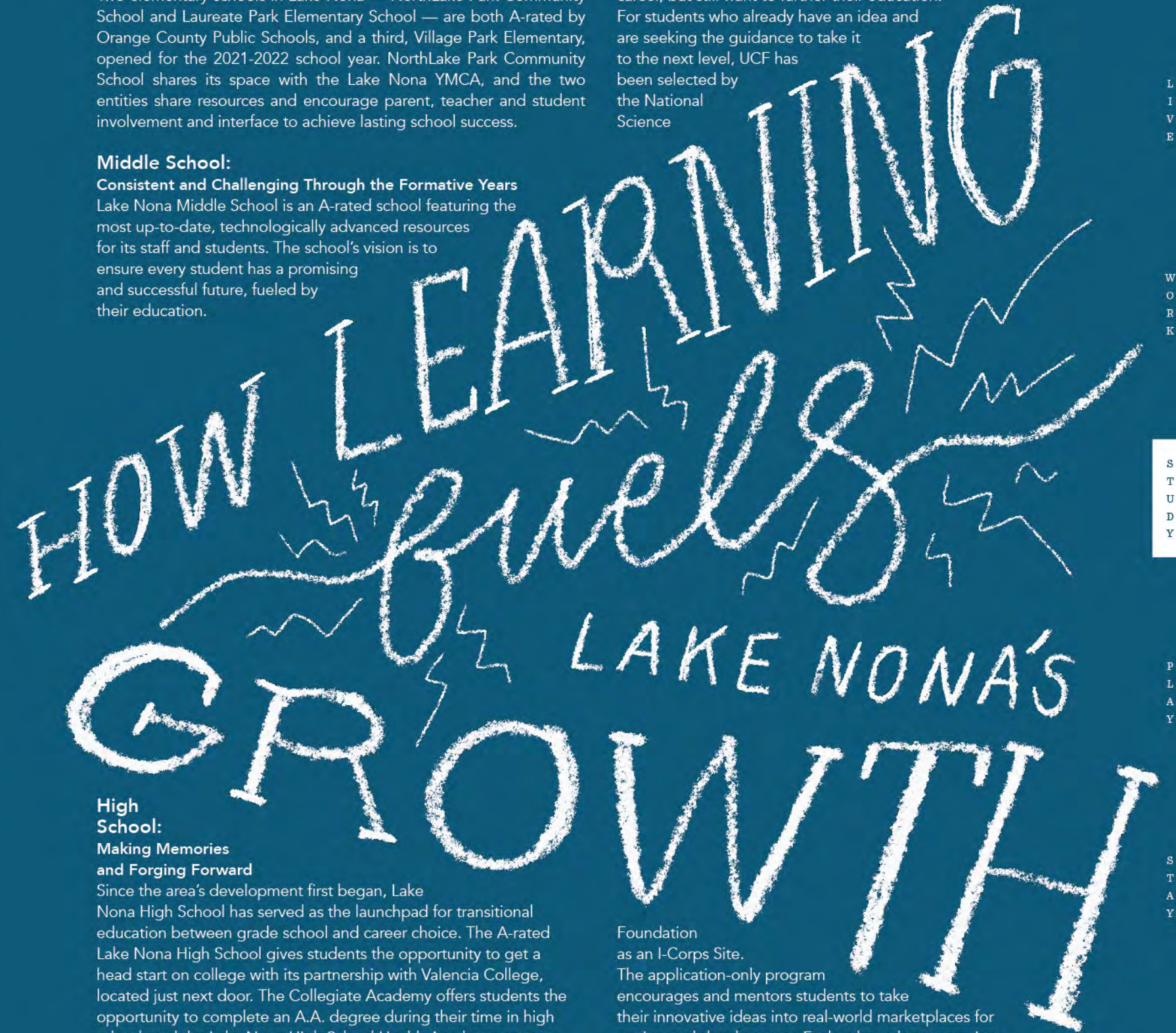
Since the area's development first began, Lake Nona High School has served as the launchpad for transitional education between grade school and career choice. The A-rated Lake Nona High School gives students the opportunity to get a head start on college with its partnership with Valencia College, located just next door. The Collegiate Academy offers students the opportunity to complete an A.A. degree during their time in high school, and the Lake Nona High School Health Academy partners with AdventHealth East Orlando to prepare students for future careers in healthcare.

Higher Education: Teaching Leaders of the Next Generation

The original plans for Lake Nona focused on the area as a hub for higher learning and advancement in technology and healthcare. It should be no surprise, then, that both the UCF Health Sciences

Campus, which includes the College of Medicine, Burnett School of Biomedical Sciences and newly opened UCF Lake Nona Hospital, and the UF Research and Academic Center, home to the UF College of Pharmacy, are located in Lake Nona.

UCF is also offering a new Professional MBA part-time program starting in the fall of 2022, which has generated a lot of buzz in entrepreneurial circles. The 24-month program is excellent for working professionals who don't want to interrupt their career, but still want to further their education. For students who already have an idea and are seeking the guidance to take it to the next level, UCF has been selected by the National Science



Foundation as an I-Corps Site. The application-only program encourages and mentors students to take their innovative ideas into real-world marketplaces for testing and development. Each selected team receives seed money to turn their entrepreneurial ideas into potential viable companies.

Lake Nona is looking forward to welcoming a new bilingual campus for the Inter American University of Puerto Rico (IUPR). The campus will include 187,000 square feet of academic and administrative buildings, plus on-site housing for nearly 200 students. **LN.**

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Pre-K to Ph.D./M.D.

Early Childhood Education:

Amazing Explorers Academy

Primrose School of Lake Nona

The Learning Experience

The Goddard School

Primary Schools:

NorthLake Park Community School

Laureate Park Elementary

Village Park Elementary

Secondary Schools:

Lake Nona Middle School

Lake Nona High School

Graduate and Post-Graduate Schools:

Valencia College Lake Nona

UCF College of Medicine and Health Sciences Campus

UF Research and Academic Center & College of Pharmacy

Inter American University of Puerto Rico (IUPR)

Recent graduates were accepted to:

Columbia University

University of Notre Dame

West Point Military Academy

University of California

Johns Hopkins University

Vanderbilt University

among the top out-of-state schools.

Lake Nona's Annual

Our residents get an average of 7,500 - 10,000 steps per day

Neighborhood

26% of residents work from home

Top reasons residents move to Lake Nona:

- Master-planned design
- Quality of schools
- Lake Nona area amenities
- Proximity to Orlando International Airport

Each year, we ask Lake Nona residents to tell us what they think about the neighborhood they call home.

Here, they share insights about their favorite places, events and what they love about living here.

Favorite Lake Nona Events:

- Oh What Fun! Holiday Festival
- Boxi Park Events
- Great American Block Party

Favorite restaurants in Lake Nona:

- Canvas Restaurant & Market
- Panera Bread
- Nona Blue
- Tijuana Flats

Most used community amenities:

- Parks
- Trails
- Neighborhood Pools

Favorite fitness activities amongst Lake Nona residents:

- Walking
- Strength Training
- Cycling
- Running

Fields our residents work in:

- 24% work in the medical/research/science field
- 14% work in Technology/IT
- 12% work in the marketing field

Resident Survey

62% of residents have at least one pet

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Looking for a little family-friendly adventure? In Lake Nona, you don't have to go far to find fun.

Here's a list that will tickle every kids' fancy — they won't even realize they're also learning and growing.



Kicking and Screaming

XL Soccer World offers programs and leagues for little Ronaldo's and Messi's of all ages, from programs for toddlers as young as 18 months old to recreational and competitive leagues for ages 6 to 14. They also offer a fantastic program specifically designed for kids with special needs and an all-girls Program with a new Girls Director of Coaching, Olympic Gold Medalist and World Cup Champion Sydney Leroux.

This year, XL Soccer World is also expanding its facility to include two full-size outdoor fields which will play host to international youth tournaments, adult leagues, recreational programs and be an Orlando City Soccer School location.

Hit the Sand with Olympic Champions

In 2020, pro beach volleyball players and Lake Nona residents, Phil and Jennifer Dalhausser, announced a partnership with Lake Nona to launch the Phil Dalhausser Beach Volleyball Academy at Boxi Park. The classes are designed for kids and teens of all skill levels (plus there are adult social leagues if you're looking to get your own spike on).

Stop and Smell the Wildflowers

Head to Tavistock Lakes Boulevard near the Town Center and Lake Nona Boulevard near Boggy Creek Road with a Florida flower identification guide. The areas are home to many species of wildflowers, where kids can compete to see who can identify the most and take photos with these beautiful blooms.

Blaze the Trails

With more than 44 miles of paved and unpaved trails to explore, Lake Nona is the perfect spot to hitch up the bikes and go for a ride or a nature walk. Soak in the sights and sounds from the flora and fauna around you or make a scavenger hunt for the kids to keep busy as you enjoy Florida's natural scenery.

Be the Talk of the Town Center

Lake Nona Town Center is the beating heart of the community, and it's a hub for families looking to unwind after a long day or week. Start with dinner at Park Pizza & Brewing Co., Bosphorus or Chroma Modern Bar & Kitchen.

The green space is a perfect spot to wait for a table, snag a snap in front of the angel wings mural, or let the kids play while you lounge on one of the patio chairs and soak up the moments of sunshine. At Boxi Park, the playground, pavilion and dog run areas are high priority for kiddos to meet and greet each other and watch their favorite pups play.

Dive into Laureate Park Aquatic Center

It's hot out there! If you're a Laureate Park resident, grab the kids, their swimsuits and towels and splash away the day at the Laureate Park Aquatic Center, which recently grew by 17,000 square feet.

There's a new pavilion for picnicking, and a five-lane lap pool for your little Michael Phelps to practice his butterfly. On land, the half-sized basketball court and beach volleyball courts are perfect for playing before taking a dip.

Scavenge for Art

Lake Nona is home to dozens of art installations that feature different art forms including sculptures, murals, digital art, and live performances. Take the kids on a scavenger hunt to find these art installations throughout the community on the sides of buildings and parking garages, in gardens and courtyards, indoors and out.

Select pieces of art in Lake Nona have QR codes installed in front of the installations. Scan the QR codes to learn more about the artist and inspiration behind each of these unique pieces.

Learn to Drive

Okay, not in a car, but in one of the bays at Drive Shack Lake Nona. Kids will love competing with each other (and you!) to see how far they can drive the ball. The climate-controlled bays make this a fun outing even in the hot summer months. Inside, kids will find a virtual reality driving range and golf course to practice in the cool of the air conditioning, as well as retro arcade games, basketball, foosball, shuffleboard and more.

Get a Taste for Adventure

Nona Adventure Park is an active kid's wonderland. With inflatable slides and obstacles, they'll feel like they're on an episode of Wipeout while they traverse the cable park, scale the 60-foot climbing tower, swing through the ropes course and more. Water-based sports are a big draw here, and little daredevils can try their balance and participate in a wakeboarding, kneeboarding or waterskiing lesson at Nona Wake.

Play the Day Away

Lake Nona kids can make the most of sunny days by playing at the neighborhood playgrounds complete with slides, rope climbs, and custom features made with little ones in mind. **LN.**



Most neighborhood playgrounds are reserved for residents; however, guests and residents alike are welcome to play at our two City of Orlando Parks:

McCoy Community Park: 7945 Dowden Road, Orlando, FL 32827 • Heroes Community Park: 14086 Centerline Dr, Orlando, FL 32827

LIVE WORK STUDY PLAY STAY

Building a Healthy Home

Lake Nona is setting the standard for today's modern healthy home.

In Lake Nona, we believe that health begins at home. Access to natural light, proximity to the outdoors, and accessibility of fresh air are known to increase wellbeing by reducing stress and boosting your mood. A study from Harvard Medical School found that spending time outside has noticeable benefits for physical and mental health resulting in increased levels of vitamin D, a happier mood, and improved concentration.

Meet WHIT

WHIT (Wellness Home built on Innovation and Technology) — a prototype home where entrepreneurs to Fortune 500 companies test new wellness-based home technologies that can have a major impact on how we live — is a unique development pioneered as a living lab located in Laureate Park.

Fred Maxik, founder of Lighting Science and a featured partner at WHIT, says natural light is as important as food to our wellbeing because it is a nutrient our body consumes and reacts to in so many ways.

WHIT offers features like a sleep sanctuary with circadian lighting and black-out shades, a wellness kitchen, meditation space, bathrooms that monitor health metrics, an edible garden in the backyard, dynamic lighting with the latest technologies for fitness, rest and relaxation and more. The building itself uses low-VOC paint, sound-proof insulation and HUE lighting.

The New American Home

The 2022 National Association of Home Builders' (NAHB) New American Home in Laureate Park also exemplifies Lake Nona's dedication to homebuilding's intersection with wellness and technology. The three-story property was featured during the International Builder Show hosted by NAHB in January 2022 and is designed to achieve the National Green Building Standard "Emerald" certification, ENERGY STAR certification, Indoor airPLUS certification, net-zero status and DOE's Zero Energy Ready Home Program certification.

Lake Nona also partners with homebuilders on new homes that offer a variety of floorplans and unique design options to complement and enable the wellbeing benefits of light and access to the outdoors.

Smart, Healthy Homes in Laureate Park

David Weekley Homes uses large windows, French doors and seamless sliding doors to let natural light in and create flexible indoor-

outdoor living space. For those in need of an at-home office, the Thornton floorplan features a den just inside the front door, perfect for a dedicated office or classroom space conveniently located away from the busiest areas of the home and wired with the fastest internet speed available.

Ashton Woods Homes' collection of highly customizable and nationally certified, energy-efficient homes have convenience top of mind to reduce stress and increase overall wellbeing. Floorplans in both their Signature and Classic series feature private balconies, providing added outdoor space with scenic views of the neighborhood that may even encourage you to lace up your sneakers and take a walk.

As a Florida homebuilder, Craft Homes prioritizes natural light and outdoor space with glass garage doors and transom kitchen windows in its Brewer floorplan, one of four in its Artisan series. The Brewer floorplan also offers a detached space from the main home perfect for a separate workspace to help you prioritize your work-life balance. You can even extend your entryways in the main house for more space to remove and store your shoes and other belongings to prevent bringing germs and dirt into your home.

Dream Finders Homes offer expansive covered breezeways and porches that allow residents to create a functional outdoor living space with access to fresh air that's shaded from the Florida sun.

Arturo Barcellona Homes also offers large outdoor living spaces that flow from the great room onto a covered porch large enough for a summer kitchen and seating.

Custom home builder Envy Homes features floorplans with functional space that maximizes indoor-outdoor flow with layouts designed to maximize your lot's natural features. **LN**.



In addition to features promoting wellbeing within the home, Laureate Park provides plenty of opportunities to support a healthy lifestyle outside of the home including pocket parks, playgrounds, community gardens, dog parks, miles of trails, a bike share program, aquatic center and residents-only fitness center.

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Where to Enjoy Live Music in Lake Nona

The Soundtrack



of Lake Nona

Here, check out some of the spots where you can catch Central Florida's best and up-and-coming acts in an atmosphere that's second to none.

Concert lovers know: There's nothing quite like seeing a great musician perform live on stage. There's an energy and electricity that energizes the room after the first notes are played and first words are sung.

Canvas Restaurant & Market

With some of the most romantic views in the area and local-meets-global dishes by executive chef Jonathan Fahey, guests at one of Lake Nona's most-lauded restaurants can relax with a glass of wine or a cocktail and listen to some of Orlando's best singer-songwriter acoustic talent three nights per week.

Every Monday, Wednesday and Friday, 5 to 9 p.m.

Lake Nona Town Center

The Saturday farmers market at Lake Nona Town Center is a hub for coming together as a community, and that includes some incredible musicians setting the mood for a fun and relaxing weekend. Stock up on fresh produce, enjoy a treat with your kiddos and let them dance some energy out to the sweet sounds from artists like Benjamin Neil.

Every Saturday, 11 a.m. to 3 p.m.

Just down the street from the newly opened Lake Nona Wave Hotel, stretch your culture vulture wings at Art After Dark at Lake Nona Town Center. Three full hours of art displays, special exhibitions, food trucks (first Friday of the month only) and live music are on deck for the entire family, including your furry family members.

Every Friday, 6 to 9:00 p.m.

Boxi Park

One of Orlando's best places to enjoy delicious eats, cold beverages and live music is Boxi Park. The outdoor dining and entertainment venue consists of 12 repurposed shipping containers, each with a different food or beverage concept on offer. Onstage, you'll find a different act each night. Thursdays see a high-energy band, on Fridays a DJ takes the stage, then Saturday and Sunday have live acts in the morning and afternoons.

Every Thursday, Friday, Saturday and Sunday

Nona Blue Modern Tavern

With the warmth of a neighborhood restaurant, Nona Blue is the perfect place to enjoy happy hour and live music in cozy digs. Enjoy live music each Friday night and on weekends, including acts like 2Peace Power Acoustic Duo.

For more information on what's happening in Lake Nona, visit Lakenona.com, or follow along on Facebook and Instagram @learnlakenona for the latest live entertainment updates. **LN.**

That's why Lake Nona's live music scene is growing, and now you can see live music almost any night of the week at one of the area's great venues.

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Happy & Healthy



Year-Round

Lake Nona is designed to support healthy living.

From neighborhood gyms and community parks to one-of-a-kind sports venues, miles of trails, and engaging public art, Lake Nona is designed to support healthy living.

Get Outside

With parks around every corner and miles of paved and unpaved trails, there are plenty of reasons to get outside in Lake Nona. Breathe your way into the weekend on Saturday mornings in Crescent Park with a complimentary hour-long yoga class. The comfortably paced classes allow time for beginners to find their poses and advanced yogis to find their edges.

Visit one or both of Lake Nona's two City of Orlando parks: Heroes Community Park and McCoy Community Park. Within walking distance of Laureate Park Elementary School, Heroes Community Park features four multi-use fields lit for night activities. The park also has plenty of green space and a 12-foot-wide trail for walking and jogging. Or, play ball at the McCoy Community Park located on Dowden Road near NorthLake Park. The 25-acre park features a pony field, softball field, and two Little League fields perfect for practicing your swing. The park also connects to Lake Nona's robust trail system.

One-of-a-kind Facilities

Take a swim lesson or fitness class at Lake Nona's YMCA Family Center open to all YMCA members and residents of NorthLake Park. Nearby, the 100-court USTA National Campus offers a chance for families with children under 10 to play tennis together in the Nemours Family Zone in addition to a variety of individual programs for kids and adults. The National Campus also hosts free programs for military veterans, active service members, and anyone with physical disabilities.

Pros and amateurs alike can get in the game at the XL Soccer World located off Narcoossee Road near the Valencia College Campus. The 50,000-square-foot state-of-the-art facility offers a variety of youth programs and adult leagues for players of all ages and skill levels with two turf fields and two multipurpose courts all under one roof for year-round, air-conditioned play.

Looking to harness a particular skill? Practice your golf swing at one of Drive Shack's 90 full-service all-weather hitting bays featuring interactive games designed for all skill levels. Or you can get your heart rate up at any of Lake Nona's boutique fitness studios located on the ground floor of Pixon: Club Pilates, Rukus Cycling Studios, and Neighborhood Barre.

Thrill seekers can head over to Nona Adventure Park – an outdoor water park packed with activities for all ages and skill levels. Providing an adventure like no other, the park features a floating aqua obstacle course, cable park for wakeboarding and water skiing, and a 60-foot climbing tower and ropes course.

Lake Nona Performance Club

The Lake Nona Performance Club is one of the most comprehensive and thoughtfully curated clubs in the region providing a tailored approach to whole-person health for members of all ages and skill levels. LNPC redefines the fitness center experience featuring leading edge workout equipment, state-of-art classes, and interactive programs driven by the latest performance technology and amenities.

Community Art

While physical health and staying active is important, it's also important to take care of your mental health.

Lake Nona's public art program is filled with countless opportunities to explore, engage, and stimulate your mind – from digital displays on "The Beacon" and sunsets over the "Glass House" to handcrafted sculptures and colorful murals. We believe art harnesses an energy that elevates our community and enhances our mission to inspire human potential. By collaborating with artists and innovative thinkers, we use imagination to create an environment that sparks creativity. **LN.**



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How Lake Nona's landscape designers are enhancing our area's wildlife habitat

Our Extraordinary Ecosystem

Tasked with making sure our natural environment continues to flourish is Lake Nona's talented landscaping team. To achieve this goal, they focus on enhancing wildlife habitats by adding plants and trees that not only benefit the environment, but make our community beautiful.

If you ask Lake Nona's Director of Landscape Architecture Jeff Thompson, the best way to grow Lake Nona's ecosystem is to start small. You may have noticed colorful new flowers and plants located in different pockets around the community from Lake Nona Town Center to Laureate Park. These vibrant plants have been specifically selected to attract mason bees – the queen bee of pollinators. Mason bees are 100x more effective at pollinating than honeybees.

Mason bees are key to sustaining our ecosystem by helping plants reproduce, and they're solitary unlike honeybees. This makes them much more docile and they can adapt better to a modern suburban environment like Lake Nona.

But mason bees aren't the only insects buzzing into Lake Nona. Plants are also attracting butterflies. Did you know that Florida is home to more than 200 species of butterflies? From Monarchs and Swallowtails to Zebra Longwings (our state butterfly), there are so many different species that have a home in Lake Nona. Starting your own at-home butterfly garden is easier than you think. Visit LakeNona.com and search "butterfly garden" for some tips on how you can build one at home.

Rising above the flowerbeds are the ecosystem's foundation – trees. And in Lake Nona, we have a lot of them. From conservation areas to new landscaping additions, trees are crucial to a productive ecosystem.

Since 2018, Lake Nona's tree relocation program has moved more than 600 trees, including oaks,

palms, crepe myrtles, and maples, to new areas throughout the community. These mature trees add immediate value to the Lake Nona ecosystem. Thanks to their wide canopies, mature trees provide shade, and nesting and sheltering space for birds, mammals and insects.

In the Lake Nona Sculpture Garden, nearly 300 hand-selected, Florida-grown palm trees joined the Lake Nona ecosystem providing habitats for birds like grackles, wrens and cardinals. In addition to the palms, the garden features climbing vines, fragrant shrubs including ylang-ylang, gardenia and night-blooming jasmine that will bloom seasonally. Beyond the Sculpture Garden, the surrounding meadow features a mix of native plants for pollinators including wildflowers and the Powderpuff Mimosa – a versatile groundcover plant that blooms all summer long with cheerful pink flowers.

Home to more than 1,000 acres of lakes and waterways, the bodies of water in Lake Nona also play a critical role in our community's ecosystem. To help the lakes and waterways thrive, the Lake Nona team focuses on planting on the water's littoral shelf – the area between the body of water and the banks surrounding it. When planted, it creates a fertile border around the water adding to both the function and beauty of the area. In fact, littoral plants are one of the most productive parts of the ecosystem. These plants provide food and shelter for fish and clean the water.

On top of enhancing wildlife habitats, the Lake Nona team also helps find eco-friendly solutions for community problems. When it became difficult to enjoy the lake at Canvas Restaurant & Market due to pesky Florida mosquitos, the team suggested adding gambusia fish (commonly known as mosquito fish) to the lake. These freshwater fish have an appetite for mosquito larvae and help make the lake more enjoyable for residents and visitors. **LN.**

Work or Play: Stay the *Lake Nona* Way

Whether you're traveling for business, escaping for a quick staycation or visiting the area as a gateway to Orlando's theme-park paradise, Lake Nona's hotels have it all, no matter what brings you to Central Florida.

Lake Nona Wave Hotel

Its striking silhouette against the blue Lake Nona skies communicates one thing: This is no ordinary hotel. The Wave Hotel seamlessly combines technology, art and wellbeing. Take a stroll in the world class sculpture garden, enjoy innovative dishes and cocktails at three on-site dining locations, or soak up some rays on a poolside lounge.

Visit lakenonawavehotel.com for rates and more information.

COMING FALL 2023: Aloft Hotel Lake Nona

Arguably the hippest hotel in the Marriott Bonvoy hotel portfolio, the Aloft Hotel Lake Nona is anticipated to open in the fall of 2023. The hotel will feature 205 loft-inspired guest rooms with a lobby bar and concert space where guests can enjoy live music and libations nightly.

Courtyard & Residence Inn by Marriott

The dual-branded Courtyard by Marriott and Residence Inn by Marriott Lake Nona make getting away from the everyday easy for families and business travelers — you can even bring your four-legged friend since the hotel has a pet-friendly policy.

Visit marriott.com/MCOLN for rates and more information.

SpringHill Suites by Marriott

Located within Lake Nona Creekside, the SpringHill Suites by Marriott features 153 suites just a few minutes from Orlando International Airport and Lake Nona Town Center. Business travelers will find the hotel a relaxing spot to unwind after a long day of meetings, or a spot to regroup in one of the two private conference rooms that fit up to 100 guests. The outdoor pool, fitness center and grab-and-go market make the hotel a one-stop destination for anything the business or leisure traveler might need. **LN.**

Visit marriott.com/MCOSN for rates and more information.



Lake Nona hotel options offer something for every traveler.

Before you book, check out these four welcoming options — and one on the way! — where you can hang your hat, stow your suitcase and rest up before the next day's adventures.

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The Living Room of Lake Nona

L A K E N O N A
W A V E
H O T E L

Visit www.lakenonawavehotel.com and follow
@LakeNonaWaveHotel on social media to stay updated.



Lake Nona Wave Hotel is Orlando's newest lifestyle hotel with an unmistakably welcoming spirit. As the country's most tech-focused hotel and destination for connectivity, relaxation and collaboration, Lake Nona Wave Hotel is an extension of the soul and spirit of the surrounding Lake Nona community.

Lake Nona residents can take advantage of the Living Room lobby and its vibrant bar as a destination for networking, weekend playtime, off-duty evenings and meetings. In total, the Wave hotel features two mixology-driven bars and three dining concepts where you can savor artful plates and Instagram-worthy cocktails amid intimate seating areas, a stadium staircase lounge and an eccentric game room - each adorned with pop-art inspired niches that serve as playful conversation starters.

Lake Nona Wave Hotel is at the forefront of the work, play, live movement with 12,000 square feet of event space. You will find a venue to suit any celebration from the colorful pool deck that ignites celebrations with color and sound to the whimsical Sculpture Garden offering a dramatic locale under a canopy of almost 300 palm trees.

Resembling waves of energy, visitors will be inspired by the hotel's curved architecture, playful and unexpected design elements, interactive art installations and more. **LN.**



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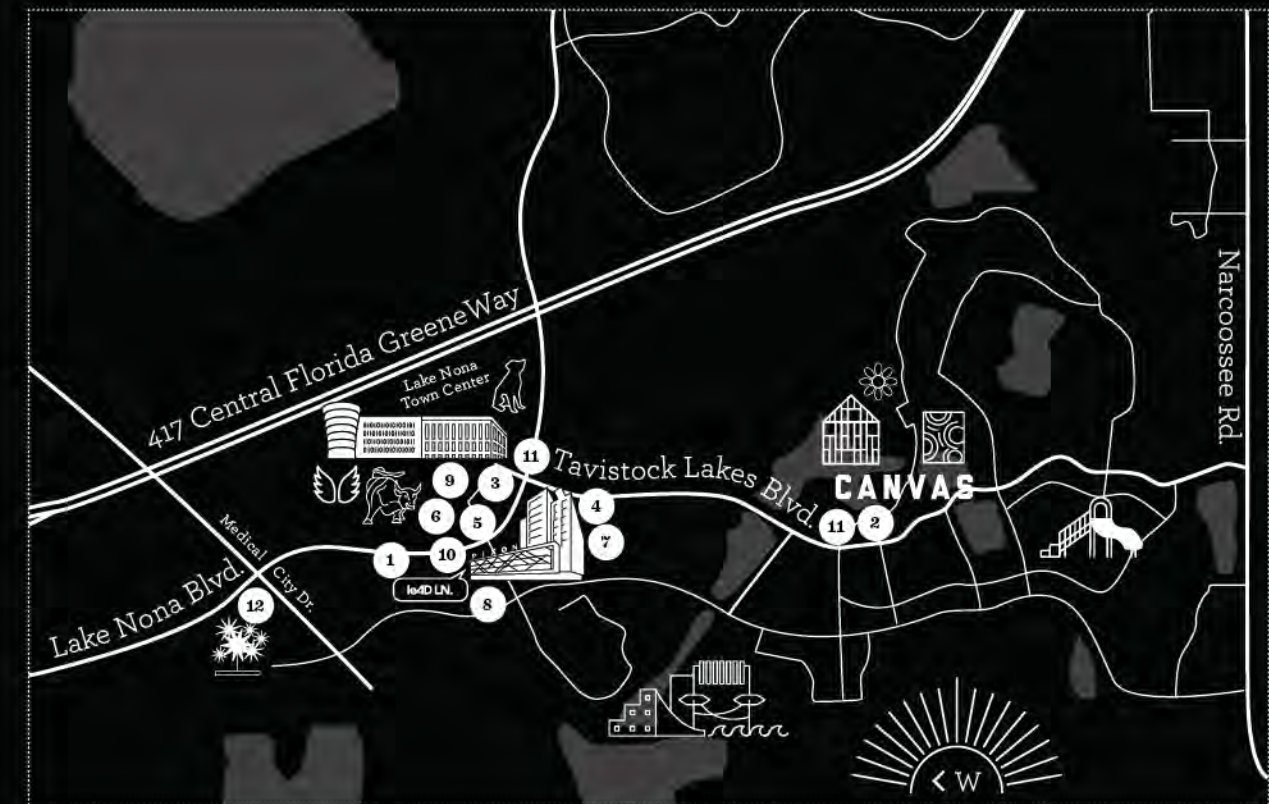
PIXON

KINOTEK

Mona Innovation Hub 5G

LAKE NONA

art



ART IS IN OUR DNA

At the heart of every good community is a blend of arts and culture. From public art installations and live music to cinema events and access to Orlando's greatest artistic institutions, Lake Nona offers plenty of chances to kick back, relax, and be inspired by work from some of the most iconic artists of our times. In Lake Nona, arts and culture are truly part of our DNA.

tour



1

Lake Nona Sculpture Garden

The Lake Nona Sculpture Garden is a 50,000 square-foot outdoor space designed for the exploration and discovery of a distinguished selection of sculptures from one of the world's largest private art collections, The Lewis Collection.



2

Glass House

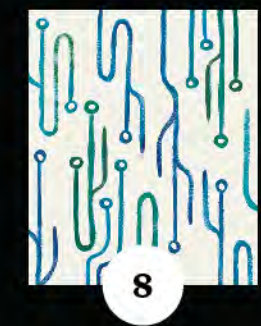
Situated in Laureate Park near Canvas Restaurant & Market is "Glass House," a stunning work of installation art conceived and constructed by Brooklyn-based artist Tom Fruin. It utilizes reclaimed materials and pulls cues from sustainable urban design and American folk art, all while eliciting the spiritual qualities of stained glass.



7

Pixon Art Scene

We're proud to introduce you to the trio of talented artists behind the latest art installations located throughout Pixon, Lake Nona's newest apartment community. Their custom artwork created with printed digital artwork, chalk and spray paint can be admired from the outside and inside.



8

leAD Art Scene

Printed wall art designed by Carissa Bloemeke in the 5G Accelerator co-working space. The art is inspired by circuit board patterns found in technology, and geometric patterns taken from acceleration graphs.



3

The Beacon and Code Wall

At the heart of Lake Nona's Town Center stands "The Beacon and Code Wall" by Lake Nona resident and public artist JERFE. "The Beacon" is a six-story landmark that comes to life at night with a visual experience of video, music and interactive elements. Alongside stands "Code Wall," an installation of specialized dichroic glass with imagery and messages written in binary code.



4

Equinox

When Lake Nona sought an artist in 2018 for this project, Cecilia Lueza's winning entry certainly caught our eye. "For this piece, I wanted to incorporate that Florida vibe and also capture the dynamics of everyday life and create a sensation of movement with shapes and color," said Cecilia.



9

Global Angel Wings Project

Colette Miller created the Global Angel Wings Project in 2012, in the streets of Los Angeles, the "City of Angels." They were painted to remind humanity that we are the angels of this earth. Colette has painted wings globally and right here in Lake Nona Town Center.



10

Brain Freeze

Lining the exterior of Pixon's second apartment building is "Brain Freeze." Another bold piece designed by Carissa Bloemeke, the 9,000-square-foot mural gives the building the appearance of varying height and colorful emerging towers, creating a skyline that differs from the architecture of the building.



5

Disco Dog Sculpture

The 35-foot tall stainless steel sculpture was designed by local Lake Nona artist JEFRE. The sculpture was inspired by Lake Nona, with the fractal, reflective surface replicating the water/waves of the community's namesake - Lake Nona. The sculpture is meant to welcome residents and guests as they enter Town Center.



6

Lake Nona Sign & Prismatic

The mural's cascade of color transforms the utilitarian chiller plant into a instagram-worthy artistic display. The mural designer, Carissa Bloemeke, was inspired by a deconstructed prism. The picture-perfect "Prismatic" mural plays off of the visual where interacting light creates a spectrum of different colors.



11

Nature Sculptures

Created in Argentina, the sculptures were all made from re-used materials in the region. Measuring 10-feet high and each weighing in at 600-700 pounds, the artist Vanessa Mazza was inspired by the nature and wildlife native to her home in southern Argentina.



12

Qui Studio Sculptures

The GuideWell Innovation Center is a medical innovation hub for start-ups and health care entrepreneurs. Designed to promote collaboration and acceleration of groundbreaking ideas, the Innovation Center provides the resources and collaborative environment innovators need to develop new solutions. LN.



A HOME FOR EVERYONE



NONA HOOD!

Lake Nona offers a broad collection of home options, from contemporary apartments and townhouses to single-family homes and spacious estates.



Explore our engaging neighborhoods and discover how to live life the Lake Nona way.



Dockside is the venue for many community events, including yoga classes, neighborhood gatherings, and celebrations of all kinds. It can also be rented for private events. Visit docksidelakenona.com.

The Laureate Park community gardens offer residents the chance to grow their own fresh fruits, veggies and herbs to inspire healthy eating.

Lake Nona is home to the nation's largest autonomous shuttle program. Shuttles operate daily between Laureate Park and key destinations in Lake Nona.

LP Fit is a 3,200-square-foot, state-of-the-art fitness facility for Laureate Park residents.

Miles of multi-use trails meander throughout Laureate Park to inspire active, healthy living.

Canvas Restaurant & Market features chef-driven cuisine accented with Florida seafood and an adjacent market, where guests can peruse the hand-curated collection of goods.



Brightly colored bungalows, townhomes, cottages and multi-story homes are complemented by modern design and technology features, all situated around a Village Center with a resort-style Aquatic Center, LP Fit fitness center, Dockside event venue, Canvas Restaurant & Market, shops, schools, and Tom Fruin's Glass House.

Hundreds of community events happen in Laureate Park each year including weekly Yoga and Meditation classes, live music and holiday celebrations.

Laureate Park's four-legged friends are invited to roam freely in the neighborhood dog parks.

The resort-style Aquatic Center features a splash pool complete with deck jets and water cannons, a tranquil pool with private cabanas and a lap pool with five junior Olympic lap lanes.

Laureate Park's beautifully manicured pocket parks provide quiet spaces to walk through, get back to nature, and connect with neighbors. All with the comfort and convenience of being close to home.

Situated in the Laureate Park Village Center is artist Tom Fruin's Glass House, a stunning work of installation art that utilizes reclaimed materials and celebrates overlooked landmarks by pulling cues from urban design and American folk art.

Laureate Park kids can make the most of sunny Florida days by playing at the neighborhood playgrounds complete with slides, a rope climb and custom features created with little ones in mind.



Ashton Woods Homes

CALL: 407.250.1404
VISIT: ASHTONWOODS.COM

VILLAGE CENTER TOWNHOMES
3 Bedrooms
3.5 Bathrooms
From 2,016 Sq. Ft.

Townhome Model Homes & Sales Center:
Kilmer Model: 7704
Nemours Parkway
Haines Model: 7710
Nemours Parkway

Craft Homes

CALL: 888.208.8041
VISIT: CRAFTHOMES.COM

TOWNHOMES
2-3 Bedrooms
2-2.5 Bathrooms
From 1,650 Sq. Ft.

SINGLE-FAMILY HOMES
3-5 Bedrooms
2-4.5 Bathrooms
From 1,773 Sq. Ft.

Townhome & Single Family Home Sales Center at Mercer
Model: 13450 Gabor Avenue

Dream Finders Homes

CALL: 888.208.8041
VISIT: DREAMFINDERSHOMES.COM

SINGLE-FAMILY HOMES
3-5 Bedrooms
2-3.5 Bathrooms
From 1,976 Sq. Ft.

Talbot Model Home & Sales Center:
8704 Crick Alley



Laurel Pointe is an intimate, luxury neighborhood of single-family homes with water or preserve views built with Toll Brothers' commitment to quality, value, and craftsmanship. Conveniently located close to A-rated Orange County schools and a short drive from Orlando International Airport, Laurel Pointe is near top shopping, dining, arts, and recreation destinations, including Lake Nona Town Center.

Toll Brothers

CALL: 407.248.5727
 VISIT: LAURELPOINTELAKENONA.COM

SINGLE-FAMILY HOMES

3-7 Bedrooms
 2-6 Bathrooms
 From 2,976 Sq. Ft.

Gatherings® of Lake Nona is a 55+ Active Adult Community featuring new condos with elevator access, offering lifestyle-focused, amenity-heavy, low-maintenance condominiums and prime location, within walking distance of Lake Nona Town Center, the VA Medical Center and Laureate Park. Each home has a private balcony, a one-car garage and residents have access to a private pool, clubhouse and outdoor recreation within the community.

Beazer Homes

CALL: 321.445.5050
 VISIT: GATHERINGSOFLAKENONA.COM

55+ CONDOS

2-3 Bedrooms
 2 Bathrooms
 From 1,368 Sq. Ft.

Model Home
 & Sales Center:
 7573 Laureate Blvd.



Isles of Lake Nona



Isles of Lake Nona is a luxury, gated community featuring single-family homes, townhomes and bungalows with open-concept floor plans, designer finishes and energy-efficient features by Pulte Homes. With homes built on a large inter-connected network of ponds, most homeowners in Isles of Lake Nona enjoy beautiful, scenic water views.

Pulte Homes

CALL: 407.805.1637
 VISIT: PULTE.COM/ISLESOFLAKENONA
Model Home & Sales Center:
 10774 Pahoee Beach Place

TOWNHOMES	BUNGALOWS	SINGLE-FAMILY HOMES
3-4 Bedrooms	3-5 Bedrooms	2-7 Bedrooms
2.5-3 Bathrooms	2.5-3 Bathrooms	2-6.5 Bathrooms
From 1,652 Sq. Ft.	From 1,756 Sq. Ft.	From 1,889 Sq. Ft.



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Craft Homes
 CALL: 407.605.6150
 VISIT: CRAFTHOMES.COM

SINGLE-FAMILY HOMES
 3-5 Bedrooms
 2-5.5 Bathrooms
 From 2,069 Sq. Ft.

Located in the southern portion of Lake Nona along Boggy Creek Road, Summerdale Park is the newest Lake Nona neighborhood featuring a community pool and high speed fiber-optic internet.

Dream Finders Homes
 CALL: 888.354.9924
 VISIT: DREAMFINDERSHOMES.COM

SINGLE-FAMILY HOMES
 4-5 Bedrooms
 2.5-3.5 Bathrooms
 From 2,235 Sq. Ft.





ARIEL

LAKENONAARIEL.COM
407.313.2660
14001 BENVOLIO CIRCLE
ORLANDO, FL 32824

Ariel, a luxury apartment community in Lake Nona, features one-, two- and three-bedroom apartments. Recently awarded the National Green Building Standard™ Silver Level Certification, Ariel Apartments are built with environmentally conscious designs including high-energy efficient windows, LED lighting and ENERGY STAR rated stainless steel appliances. Each resident can access a 24-hour fitness club featuring Technogym® equipment and virtual classes. The community is pet friendly and includes a dog park, pet washing station and agility course.



LandonHouse

LIVEATLANDONHOUSE.COM
407.313.2107
7010 LAKE NONA BOULEVARD
ORLANDO, FL 32827

LandonHouse Apartments provides people seeking a vibrant, urban lifestyle a new place to call home. Residents can rent a one-, two- or three-bedroom apartment, or choose an open studio floor plan for true “urban” living. All 280 apartments are accented by ten-foot ceilings and great views of the expanding Lake Nona Town Center. Amenities include a resort-style pool and green spaces, a game and media center featuring billiards, shuffleboard and retro arcade games, and a state-of-the-art fitness center. Additional amenities include a large outdoor pavilion with a fire pit and grilling area, a pet spa with grooming area, GroupX on-demand fitness classes, and an executive business conference center.



· P I X O N ·

LAKENONAPIXON.COM
321.319.8755
7004 TAVISTOCK LAKES BLVD
ORLANDO, FL 32827

Located adjacent to Lake Nona Town Center, Pixon’s 11-story main tower features a wide-range of housing options, including micro units, studios, one-bedroom and two-bedroom units, a 1,730-square-foot, three-bedroom penthouse with soaring ten-foot floor-to-ceiling windows, upgraded stainless steel appliances, cabinetry and quartz counter tops. Residents have access to an exclusive second-story lounge with a variety of work centers and outdoor amenity deck with an expansive backyard. The urban-inspired apartment community debuts an innovative car share program with multiple onsite Tesla vehicles, encouraging an eco-friendly and neighborly transportation option, in addition to electric car charging stations and bicycle storage. The 24-hour gym features Technogym® equipment with on-demand fitness classes.



WATER MARK

LAKENONAWATERMARK.COM
407.313.4663
7650 LOWER GATEWAY LOOP
ORLANDO, FL 32827

Located near Lake Nona’s Sports & Performance District, Lake Nona WaterMark is a collection of 278 luxury apartments with six unique floor plans offering spacious one-, two- and three-bedroom homes with striking features at every turn. The 7,515-square-foot community clubhouse boasts a zero-entry resort-style pool, fireside veranda, outdoor kitchen, and a business center.



Somerset Park is a gated neighborhood located in the western portion of Lake Nona. Home collections from Century Homes and M/I Homes bring a wide variety of choices for homebuyers. This neighborhood features a pool, dog park and playgrounds.

Somerset Crossings is a townhome community by Pulte Homes featuring open-concept floor plans and resort-style amenities including a pool, cabana and playground. Residents enjoy easy access to major highways, such as SR 417 and the Beachline (SR 528), and conveniently located near Lake Nona Town Center and Orlando International Airport. Somerset Crossings is located in the Orange County School District. Surrounding schools include: A-Rated WyndhamLakes Elementary, South Creek Middle, and Cypress Creek High School.





VillageWalk blends resort-style living with a unique neighborhood design, creating a new concept of living in Central Florida. The neighborhood Town Center is connected by bridges and canals leading to lighted walking trails, swimming pools, parks and sport courts. The VillageWalk Town Center includes conveniences such as a café, salon, post office, bank, gas station and fitness center.



Situated on 500 acres in the northernmost point of Lake Nona, the NorthLake Park community offers single- and multi-family homes in addition to contemporary apartments. This expansive neighborhood is home to an award-winning school and YMCA, Olympic pool, sport courts and fields, and a dog park.



An Ecosystem for Collaborative Innovation



Lake Nona is a 17-square-mile community built on the premise that a collaborative effort can spark profound innovation. Designed and built from scratch, Lake Nona is anchored by clusters of excellence in wellbeing, sports and performance, education and technology.

This fast-growing, neo-urban environment was created with the building blocks for the future, and is pushing the boundaries of what it means to be a forward-thinking community. Connectivity, both physical and digital, is the main engine that powers Lake Nona's innovation ecosystem and is inspiring businesses, institutions and individuals to thrive.

From its technologically rich and innovative infrastructure to its globally recognized clusters of excellence, Lake Nona was created with a foundational strategy that guides not what is needed today, but what is going to be required decades from now to remain a healthy, vibrant and innovative community.

Lake Nona is



Lake Nona is implementing community-wide 5G coverage and is home to Verizon's 5G Innovation Hub

A Living Lab

Resources for businesses big and small are attracting bright minds and big ideas to Lake Nona.

From major corporations to budding entrepreneurs, Lake Nona is a place where new ideas become reality – whether you're imagining the next-generation of sports and health technology solutions in the leAD Lake Nona Sports & Health Tech Accelerator, testing new healthy home technologies at WHIT, or still workshopping at home.

In fact, our Move Nona autonomous shuttle program is a great example. The leadership team at Beep had a trailblazing idea to redefine mobility with a sustainable autonomous vehicle (AV) shuttle solution. All they needed was a place and a partner who could bring their idea to life. After conversations with the leadership team in Lake Nona, Beep was able to go from concept to operations with AV shuttles running on the streets of Lake Nona in less than a year.

Move Nona is now the largest and longest-running, single-site AV fleet in the country.

Verizon 5G Innovation Hub

At the Verizon 5G Innovation Hub companies can develop and test 5G-enabled solutions across a variety of existing industries in Lake Nona including health care, wellbeing, education, retail, sports, and autonomous mobility.

Verizon is already collaborating with Beep to improve safety features in our fleet of Move Nona autonomous shuttles. At the Hub, located across from Lake Nona Town Center, companies have access to a powerful 5G network, both shared and private workspaces, 3D printers, and flexible power accessibility.

leAD Lake Nona Sports & Health Tech Accelerator

The Verizon 5G Innovation Hub shares its workspace with the leAD Lake Nona Sports & Health Tech Accelerator. The open floor plan was designed to be shared with as few fixed elements as possible to accommodate innovations both big and small for entrepreneurs working on the future of sports and health technology.

One of six startups in the accelerator's first cohort, NESTRE, is working on an app to train your brain for better cognitive health, mental wellness, and human potential. NESTRE's founder and CEO Dr. Tommy Shavers said, "the network, resources, experts, and training have been top notch and have helped us transform in a short amount of time and find clarity in who we are and what we're doing."

GuideWell Innovation Center

Healthcare experts and entrepreneurs are reimagining the future of digital health and exploring the next industry breakthroughs at the GuideWell Innovation Center. Located in Lake Nona's health and life sciences cluster, GuideWell features a variety of collaborative and private workspaces, a 250-seat theatre in the round for special events, and more.

UCF Life Sciences Incubator

The GuideWell Innovation Center is also home to the UCF Lake Nona Life Sciences Incubator, a collaborative effort of its own between the University of Central Florida (UCF), the City of Orlando, Lake Nona's developer Tavistock, the State of Florida, and the Florida High Tech Corridor Council. The incubator features a fully equipped, Biosafety Level II wet lab facility, conference rooms, and offices.

WHIT

Putting your innovations to the test in a real-life environment is what we're all about in Lake Nona. Take our WHIT prototype healthy home (Wellness Home built on Innovation and Technology)– it's another one of those collaborative spaces we've been talking about, but this one is focused on healthy home innovations that can be installed and tested in a model home like no other.

Located in the Laureate Park neighborhood, WHIT has helped entrepreneurs test smart windows, drone delivery systems, lighting solutions, innovative kitchen models, and more within a real-life home setting.

Fred Maxik, founder of Lighting Science, is responsible for the smart home's current lighting features including UV lights in the kitchen that disinfect the countertops. He said, "WHIT offers a wonderful opportunity to collaborate with like-minded, forward thinkers. We have the ability to demonstrate technologies and novel designs that are capable of improving our lives today." **LN.**

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Lake Nona is commonly referred to as an Aerotropolis, a region comprising of residential, commercial, retail, mixed-use, and industrial uses that benefit from direct access to the airport.



Imagine a growing community home to residents that embrace innovation and a developer who loves to try new things. Basically, a living laboratory where you can use past learnings and best practices to create solutions that improve lives in real-time. That's Lake Nona, and that's why Beep decided it was the perfect place for their headquarters.

Beep, a company founded by technology entrepreneurs and experienced transportation leaders, delivers the next generation of technology, mobility, and customer experience. Beep's software and services integrated with electric, multi-passenger autonomous shuttles provide a safe and reliable mode of transportation.

Formerly located in one of Lake Nona's shared workspaces, this entrepreneurial company is now headquartered in a 10,000-square-foot innovation hub in Lake Nona Town Center. Since launching a single route with two autonomous shuttles in September 2019, the company has expanded its network, and now runs eight shuttles across five routes connecting 10 key destinations throughout the Lake Nona community, seven days per week.

Lake Nona provides what Beep CEO Joe Moyer calls "a nirvana of use cases." Beep serves many diverse segments, including business travelers, students, medical personnel, residents and others. This has provided Beep the ability to test and optimize its service exponentially with feedback from their more than 50,000 passengers served since launch.

"With autonomous technology, you have to be surrounded by a community that is willing and excited to participate. We've found that here in Lake Nona. We are surrounded by 'citizen scientists,' and for us, that's what Beep is all about: innovative mobility for a community that is, itself, innovative. We made the strategic decision to headquarter here in Lake Nona because the community itself is so forward-thinking."

Within Lake Nona's 17-square-mile development, Beep continuously monitors the largest and longest running autonomous shuttle network at one location in the United States. Each shuttle has a specialist onboard, who monitors the shuttle and serves as an ambassador to the technology and Lake Nona. "Our specialists love to educate passengers about the technology and what we're accomplishing here so the community can better understand our mission and vision to provide safer and sustainable mobility. It makes our passengers more confident and comfortable with the driverless platforms," says Moyer.

Beep's experience extends beyond Lake Nona with other deployments throughout the country including launching the country's first autonomous shuttles at Yellowstone National Park in June 2021 for a three-month project. "What's amazing is that we are monitoring the safe operation of those shuttles from Lake Nona at our headquarters in the Town Center," says Moyer. "We're looking to provide an autonomous reality for people who are looking to replicate the Lake Nona experience, which is innovative, safe and sustainable transportation."

The sustainability aspect is what Beep has found to be key in conveying a sense of purpose and ownership to their passengers. Since launch, Beep has eliminated the equivalent of more than 16,500 vehicle trips from Lake Nona roads, which amounts to a significant carbon footprint impact. "When our passengers learn about their direct impact on helping the environment, they feel an additional sense of purpose to the program, which is what has helped us grow so quickly and develop additional partnerships that have contributed to our success," says Moyer.

There's more growth and success on the horizon for Beep as well, with plans to grow the fleet to more than 25 shuttles with new smart infrastructure to support the future network.

So, why should new founders look to Lake Nona as a potential place to headquarter? For Beep, it boils down to two words: Why not? "You have a developer in Lake Nona that's open to new and innovative ways to distinguish their community. Lake Nona is the ultimate entrepreneurial environment and with close partnerships in business, technology, academic and health sciences it is a fertile workplace for companies to thrive," says Moyer. **LN.**



Revolutionizing Mobility in Lake Nona and Beyond

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Thomas Rudy and leAD are paving the way for Lake Nona's leadership in sports and health technology.

'leAD'ing Lake Nona

"Before I moved to Orlando, I made a spreadsheet of all the cities I wanted to live in and that I thought had futuristic value. It came down to Austin, Charlotte and Orlando, and I chose Orlando because I really loved it and I saw the opportunity there," says Thomas Rudy, principal of the Lake Nona Fund, a venture capital investment vehicle that supports early-stage startups in the sports and health tech space.

This man knows how to pick champions, which is why as head of leAD's Lake Nona Fund, he's so effective at choosing which companies to back.

Since becoming a part of leAD Sports & Health Tech Partners, first as a mentor when leAD kicked off in 2017 in Berlin, Rudy has seeded emerging giants in three major areas of focus: fan engagement, health and wellness, and connected athletes. The goal is to make Lake Nona the global leader in sports and health technology by providing resources for startups and entrepreneurs to grow their businesses here.



Thomas H. Rudy
Principal
Lake Nona Sports & Health Tech Fund



The Lake Nona LN. image on the inside front cover of the magazine was taken using tools from start-ups in the accelerator!

Success = Hard Work + Serendipity

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Success = Hard Work + Serendipity

Born and raised in Germany, Rudy always had ambitions to come to the United States and study business. For his college education, he ended up in his dream environment, Columbia University in New York City, where he studied Economics and after graduating became an investment banker with Citigroup.

Assigned to the sports mergers and acquisitions division, Rudy worked on deals buying and selling teams from the world's major sports leagues, including the Premier League in England.

But Rudy didn't want to be a banker for the rest of his life. He'd always had an entrepreneurial itch that needed to be scratched.

"I'd saved some money of my own and wanted to invest it somewhere it could grow," says Rudy. It was 2008, and financial literacy education was taking off due to the crisis on Wall Street and the following economic recession.

"I invested in a company that, at the time, was called Payoff.com. It was one of the very first financial technology companies, an area of business that has become very profitable ever since," he says. "About two months ago, they reached 'unicorn' status — a startup that accrues a value of over \$1 billion. It took 13 years, but we got there."

With that pick, Rudy became a full-fledged venture capitalist while still staying close to the world of sports as his passion.

This intensity eventually led to his involvement with leAD Sports & Health Tech Partners.

leAD is the top sports and health tech investment ecosystem inspired by sports industry legend Adi Dassler, who founded the sports brand adidas. After Dassler's passing, his family chose to continue his legacy by investing in and fostering sports and health technology companies with the potential to change the world. During his days as a venture capitalist, Rudy served as a mentor in the leAD organization, guiding founders from ideation through the execution of their biggest ideas.

In 2020, after Rudy and his wife moved to Orlando, his role with leAD evolved. When leadership decided to launch a seed fund — now known as the Lake Nona Fund — to provide resources for the entrepreneurs shaping the future of sports and health technology, Rudy was uniquely qualified and the right man for the job due to his experience as an investment banker, a venture capitalist, and working in sports business and economics.

Real World Ideas Seeing Real World Success

Today, the Lake Nona Fund has invested in companies like Mustard, a biomechanics app that allows anyone to take a video of their baseball pitching motion and soon for a variety of sports and analyze their form and improve it. Mustard was founded by Dr. Tom House, a legendary pitching coach and also the throwing coach for Tom Brady, he is known as the "father of modern pitching mechanics."

Suji is another athletic performance company seeded by the Lake Nona Fund. About the size of a blood pressure cuff, Suji is a device that restricts blood flow to a muscle in an arm or leg so that when an athlete trains, their body thinks they're working harder than they really are, maximizing the efficiency of the athlete's workout. The device links to the athlete's phone, which offers a personalized profile that includes the best exercises, pressure calibration and custom workout settings.

TERSA is an AI-guided virtual physical therapy and training platform, chosen in the first cohort of leAD's Lake Nona Sports & Health Tech Accelerator program. The platform has built-in cameras and movement assessment software to diagnose alignment and movement from the comfort of the home. The highly anticipated global product launch will take place in the coming months.

Between leAD's experience in the sports and health spaces and Lake Nona's globally recognized Sports, Human Performance and Life Sciences clusters along with it being a community built on a foundation of health, wellness and innovation, the marriage between the Fund, the startup accelerator and Lake Nona is made in heaven, and Thomas Rudy holds the keys to the pearly gates. **LN.**



The region's largest rock-climbing gym featuring a 40-foot climbing wall

LAKE NONA PERFORMANCE CLUB

Fitness, Redefined.

The region's largest rock-climbing gym with options for all skill levels featuring a 40-foot climbing and bouldering wall.

Indoor track for walking and jogging.

Multiple indoor basketball and volleyball courts.

A dedicated 5,500-square-foot Chopra Mind-Body Zone and Spa to rival the best yoga, barre, and Pilates studios, partnered with Deepak Chopra.

15,000-square-foot EDGE Sports Performance and Recovery center.

Aquatics Center featuring four different pools.

Luxury locker rooms featuring towel service, sauna and steam room.

Fresh juices, smoothies, and healthy snacks from Lake Nona's own Veg'n Out.

More than 150 state-of-the-art pieces of strength and cardiovascular equipment.

Whole-person evidenced-based and precision approaches to improving individual fitness, wellness and performance.

The Lake Nona Performance Club serves all ages and all fitness levels — not just elite athletes, though they'll find themselves at home there, too.

The staff at Lake Nona Performance Club (LNPC) are uniquely qualified in their areas of fitness and health, going beyond trainers to also include rehab specialists and physicians.

Beyond exercise, the LNPC locker room is a place to decompress, with towel service, a sauna and steam room. LNPC's dedicated children's activity area incorporates curriculum-based wellness programming featuring different options for children as young as 2 months through 12 years old. More than 100 weekly exercise classes spread across six studios, are taught by experts in mind-body connection and specific fitness specialties. Additionally, the 15,000-square-foot EDGE Sports Performance and Recovery center will push the limits of athletic achievement.

Limitless Minds XP

The Limitless Minds XP program, co-founded by Superbowl Champion quarterback, Russell Wilson, along with his brother Harry Wilson, Trevor Moawad and DJ Eidson, is a one-day workshop available to members of LNPC, led by mindset coaches to increase performance, no matter what goals you have in mind.

The program provides mindset tools to build sustained habits and behaviors in both individuals and teams.

Chopra Mind-Body Zone and Spa

LNPC has partnered with Chopra Global, a leading whole health company founded by Dr. Deepak Chopra, to create the world's only Chopra Mind-Body Zone and Spa. This first-of-its-kind partnership brings Chopra Global's signature movement and spa programs to a leading fitness facility and marks the company's first brick-and-mortar partnership.

The Chopra Mind-Body Zone offers a variety of yoga and meditation classes plus specialty options like aerial yoga, barre and Reformer Pilates. Unique mind-body assessments based in Ayurveda, one of the world's oldest holistic healing systems, is also available.

In addition to the Chopra Mind-Body Zone, Chopra Global oversees a dedicated spa designed to complement LNPC's focus on whole health. The spa specializes in both Chopra Global's signature Ayurvedic and traditional massages. Chopra Ayurvedic massages focus on the unique mind-body constitution of the individual resulting in a customized experience for each guest. Access to the spa is available to both LNPC members and the public.

Precision programs for every level, from amateur to professional.

InClub Golf Experience

LNPC has partnered with InClubGolf to create a premier indoor performance training center for golfers of all skill and age levels. InClubGolf at LNPC offers independent memberships for customized golf training with full access to automated, state-of-the-art technology coupled with the personalized guidance of a highly qualified golf professional.

ROX Climbing Gym

ROX Climbing Gym is both a haven for climbers to get their fix and perfect technique and strength as well as a space where athletes of all skill levels can overcome mental blocks and hone a new skill.

The space features more than 6,000 square feet of rock-climbing terrain with 165 linear feet of bouldering. If you have friends in town who love to climb but aren't members of LNPC, drop-in rates are available. **LN.**

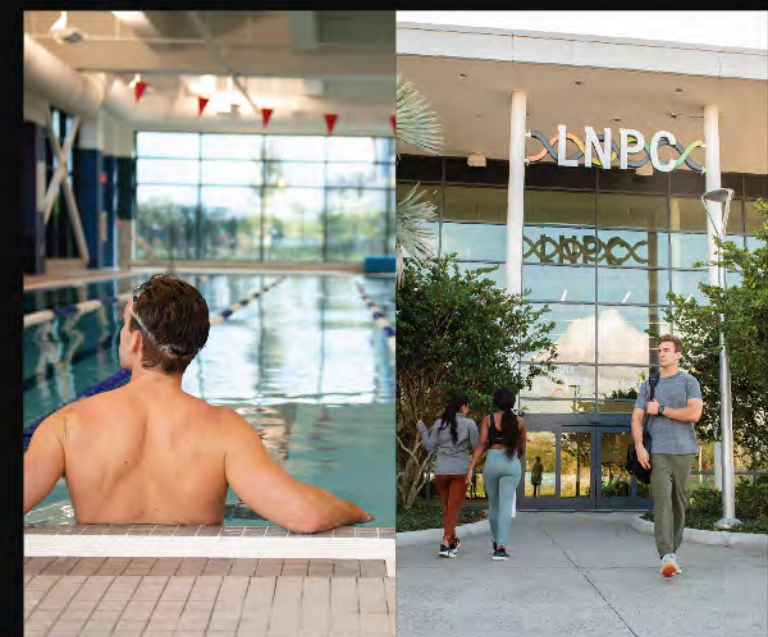


LIVE

WORK

STUDY

PLAY



STAY

Lake Nona's 650-acre health and life sciences cluster encompasses millions of square feet of clinical, institutional and laboratory space for some of the nation's top hospitals, universities, and research institutions

Orlando is **Top 10** in the Nation to find a new, high-paying job without sacrificing quality of life

Lake Nona is home to the largest and longest-running single-site autonomous shuttle network in the U.S.

Orlando's growth rate is the 2nd fastest of the 30 largest cities in the U.S., with the region welcoming more than 1,000 new residents every week

Lake Nona will be home to the nation's first vertiport – a hub location serving electric vertical take-off and landing (EVTOL) aircraft

With almost **72,000** students, UCF is **one of the largest universities** in the nation

Orlando International Airport ranked as the **7th busiest in the world** in 2021

Orlando has over **\$10 billion** in infrastructure investments underway

Lake Nona is one of the most active communities in the country, with more than **1,000 events each year**

UCF produces more engineering graduates who get jobs in aerospace and defense companies than any other university in the U.S.

Lake Nona is the **first gigabit community in Florida** with more than 25,000 miles of fiber cable installed

A living lab environment that is home to a variety of settings, uses, and industries to test and refine ideas from residential and recreational to health care and hospitality

At 17-square-miles, Lake Nona is nearly the size of Manhattan from Battery Park (to the south) to 96th street (to the north)

Orlando ranked **No. 1 Best Places in America for Starting a Business**

There are four colleges & universities located in Lake Nona

Orlando Named in Top 20 of Inc.'s 2020 Surge Cities List, citing Orlando's transformation into a rising high-tech hub

550K+ Higher-Education Students Within 100 Miles of Orlando

40% of Lake Nona has been reserved for open green space including community parks, more than 40 miles of trails, and 1,000 acres of lakes and waterways

Orlando is home to the world's largest cluster of modeling, simulation and training (MS&T) organizations and sets the stage for virtual reality innovation in education, healthcare, defense training and more

Orlando is the **No. 4 Best Market in U.S.** for Development Opportunities

Built Better for Business

When entering Boxi Park, one thing is clear: This isn't your typical outdoor dining and entertainment space.



Behind the BOXI PARK — Scenes



From the live music on stage to the beach volleyball and the tantalizing aromas from each of the 12 dining concepts, Boxi Park is a place where the whole family can find something delightful.

Get to know Boxi Park a little better by visiting: BoxiParkLakeNona.com for a list of live music, special events and menus from each of the dining concepts.

Located in the Lake Nona Town Center, Boxi Park is made up of repurposed shipping containers, each with their own menu of food and beverage options, as well as beach volleyball courts, a children's playground and off leash dog park. Hanging at Boxi Park means never having the same experience twice, and that includes meals too. The options are always changing.



The man behind the menus is Chef John Fahey, executive chef at Boxi Park. He sat down with us to answer some of our burning questions about how these shipping containers work as full-service dining experiences and the unique experience guests can expect at Boxi Park.

When you first heard about the concept for Boxi Park, what challenges came to mind and how did you solve for them?
Speed, execution and maintaining the level of hospitality that we're committed to at Tavistock Restaurant Collection. These containers are set up as typical "quick-service" dining counters, but the level of service and the quality of the food should be on par with anything you'd see at one of our other full-service restaurants, and that was a challenge.

How does the preparation and plating of the food work?
It's both a challenge and an opportunity because not every container has all of the equipment you'd have in a regular restaurant kitchen, so we had to be creative and think critically about what menu items we could execute and would work well for each concept. We use the sous vide method of cooking — where ingredients are cooked in a water bath at a constant temperature in a vacuum-sealed bag — is our best friend because it can hold food at a certain temperature for a long time without sacrificing the quality. Technology has really helped us create new processes that deliver the best product to the guest in the quickest time possible.

What's unique about the way guests experience dining at Boxi Park?
The biggest difference is that the cooks are the ones interacting with the guests, instead of having separate front-of-house and back-of-house staff. Open kitchens are nothing new, but it's not common to have the people cooking your food as the ones also taking orders and presenting your food when it's ready. There is actual cooking going on in these containers, too. Our chefs make the sauces and salsas during their prep, all our burgers and chicken sandwiches are made to order. It's really like running 12 food trucks at one time, just without the wheels.

What dishes are you particularly proud of at Boxi Park?
The lobster fries from Claw & Order is the dish that has the biggest following on Instagram, so that's a must. The mac 'n cheese and the nachos are phenomenal as well. The events and festivals that we have here at Boxi Park afford us an awesome opportunity to create new dishes to surprise and delight our guests. For our Caribbean festival, we're having fun developing some Jamaican-style jerk chicken, braised oxtail and beef patties that will really wow our guests. These events give us a chance to be creative and try new things, and that's what keeps it exciting for our staff. We're limited with space, so we're constantly being challenged to break down barriers and innovate when it comes to new ideas for dishes. It keeps things fresh, and our staff is integral in the development and execution of every dish.

What are some of the techniques and concepts you've brought from your fine dining background to Boxi Park?
The main thing is the consistency of product and the level of service. Whether you're in a fine dining restaurant or a casual concept, it's paramount that those fundamentals of excellence "from Google to 'goodbye'" remain in place. That's something I really stress here, that even though we're in a casual environment, that shouldn't affect how the guest feels when they're here. We've also implemented many cooking techniques that higher-end establishments use to help maintain quality and speed at the same time.

The freshness of our ingredients and the respect with which we treat those ingredients is something to which we're really committed. We use local ingredients whenever possible. Our honey is local, our truffles are sourced from a local company, our beef is from Florida, our tortillas are made in Orlando, and we source our seafood from Bar Harbor Seafood, which has an incredible selection of the freshest seafood from Florida's waters. **LN.**



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Boxi Park is open Thursday, Friday, Saturday and Sunday.

SPORTS LOVER'S GUIDE

We've built our ever-expanding wellbeing ecosystem to include everything from dozens of parks and miles of trails to world-class fitness facilities like the USTA National Campus and the Lake Nona Performance Club. We're even exploring what the future of sports and performance will look like with 5G-powered solutions in the leAD Lake Nona Sports & Health Tech Accelerator.

USTA National Campus

You'll find 100 tennis courts, both indoor and outdoor, at the USTA National Campus where the pros come to train and families come to learn and play together. Twenty-six of those courts feature SmartCourt technology allowing players to review their game after each set. Lake Nona residents Jennifer Brady, CiCi Bellis, and Madison Keys all train at the National Campus to prepare for Grand Slam tournaments.

Lake Nona Performance Club

The Lake Nona Performance Club (LNPC) is redefining the fitness center experience with a tailored approach to whole-person health for members of all ages and skill levels with leading-edge workout equipment, state-of-art classes, and interactive programs. The Club's exclusive amenities include access to experts in health care and exercise, aquatic center, indoor track, rock-climbing gym, and the Chopra Mind-Body Zone & Spa – a first-of-its-kind partnership bringing Deepak Chopra's signature movement and spa programs to Lake Nona.

leAD Lake Nona Sports & Health Tech Accelerator

While we're reimagining the approach to sports and performance, startup companies in the leAD Lake Nona Sports & Health Tech Accelerator are reimagining the future for tomorrow's athletes with 5G-powered solutions.

Lake Nona Golf & Country Club

Lake Nona Golf & Country Club is home to many professional golfers who live in the neighborhood and play on the Tom Fazio-designed championship course. The Club also features a Golf Performance Center where players of all levels can polish their skills.

Drive Shack

Avid and amateur golfers can practice their swing at Drive Shack, rain or shine. The all-weather, three-story driving range features 90 hitting bays with interactive games, a retro arcade, full-service restaurant, bar, and rooftop terrace.

Beach Volleyball Courts

A set of sand volleyball courts at Boxi Park is where pro beach volleyball players and Lake Nona residents, Phil and Jennifer Dahlhausser, run the Phil Dalhausser Beach Volleyball Academy. Together, they're serving up youth training, adult leagues and more.

Lake Nona YMCA

The Lake Nona Y is open to all YMCA members and residents of NorthLake Park for swimming, group exercise classes, and other healthy programming. Fun fact: the facility is located inside NorthLake Park Community School where students can stay after school for sports lessons, performing arts, music classes and more.

XL Soccer World

Soccer fans can play indoors all year round at XL Soccer World. The indoor facility features two turf fields and two multi-purpose courts and offers a variety of youth programs and adult leagues for players of all ages and skill levels.

Nona Adventure Park

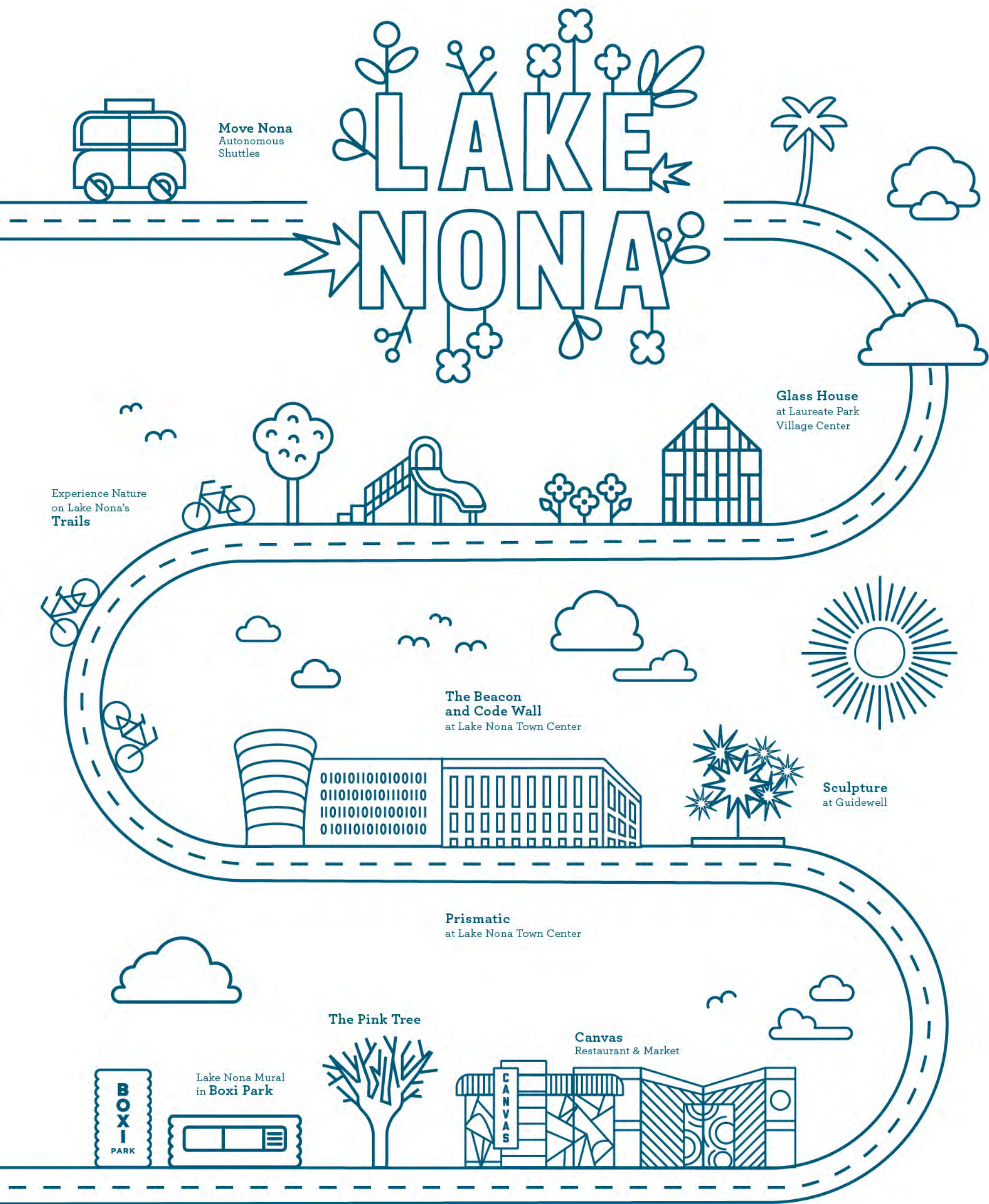
Water sport enthusiasts can wakeboard and water ski at Nona Adventure Park. Stay above water with paddle boards and kayak rentals or jump in from the floating obstacle course. Prefer to stay on land or above it? The park also includes a 60-foot climbing tower and ropes course.

Parks and Trails

Bikers and joggers love our 40+ miles of trails connecting you to community playgrounds and parks, green spaces and more. Our trails are great for walking too and give you one more reason to move your body, get some fresh air, and soak up the Florida sunshine. **LN.**

Lake Nona
is the perfect
place to practice,
play and perfect
your game

Whether you're one of the pros, training to be one, or just looking for ways to stay active, Lake Nona is the perfect home base for every kind of athlete.



Move Nona
Autonomous
Shuttles

Experience Nature
on Lake Nona's
Trails

Glass House
at Laureate Park
Village Center

The Beacon
and Code Wall
at Lake Nona Town Center

Sculpture
at Guidewell

Prismatic
at Lake Nona Town Center

The Pink Tree

Canvas
Restaurant & Market

Lake Nona Mural
in Boxi Park

BOXI
PARK

Color in our Nonahood

Find the matching Discos

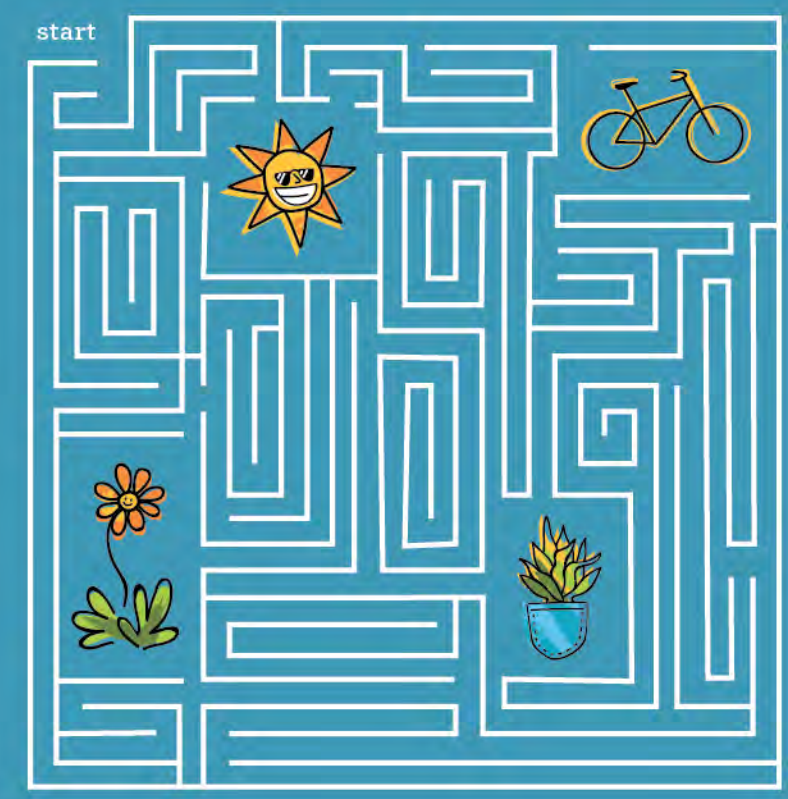
Woof Woof!



Answers: 1, 3, 5 / 2, 4

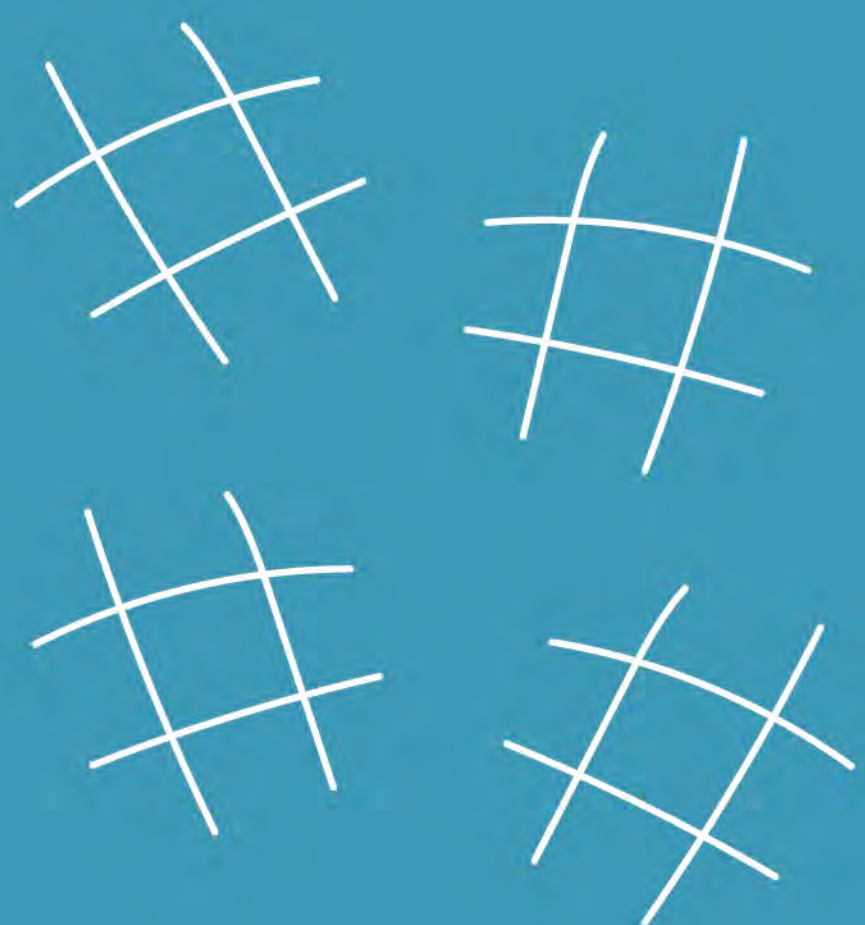
Maze Game

Follow the path!



Tic-Tac-Toe

Play with a friend!



Solve the word jumble

Hint: It's where Disco lives!



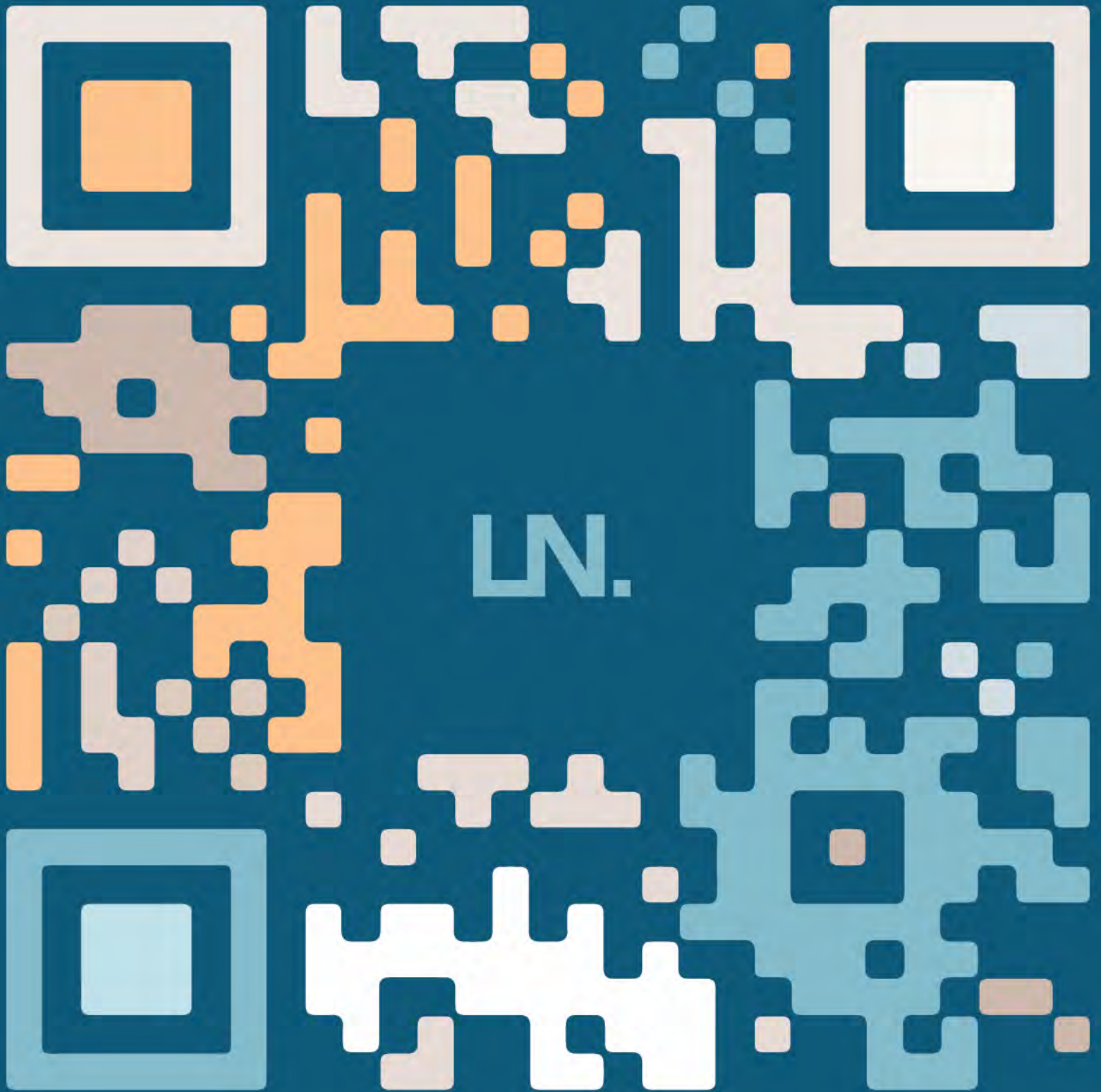
E K L A

A O N N

N O W T

E R T N C E

Answers: Lake Nona Town Center



learn more



Lake Nona Information Center
Located inside
Canvas Market at:

13615 Sachs Avenue
Orlando, FL 32827
E-mail: info@lakenona.com
Phone: 407.888.6500

let's be friends



@LearnLakeNona