

Inside this issue:

<i>Important Phone Numbers & Hours of</i>	2
<i>Treviso Bay's Newest Homeowners</i>	3
<i>Community News</i>	4 & 5
<i>Treviso Bay Tennis</i>	6
<i>Treviso Bay Grille</i>	7
<i>Treviso Bay Spa</i>	8

Villa Rilassare:
239-228-7027

Golf Shop:
239-331-2052

Visit our website at
Trevisobayhoa.com



Cardio 101

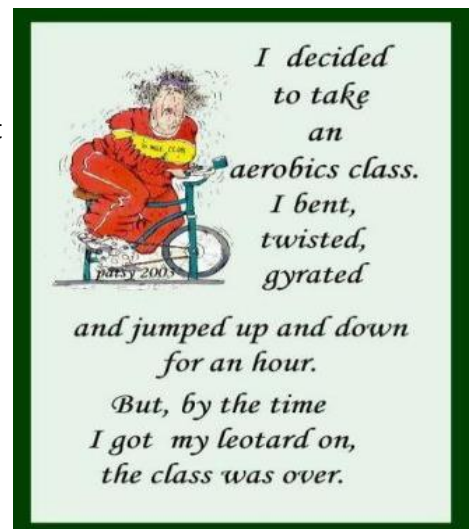
Cardio— Pretty much any activity that gets your blood pumping is cardio vascular. When your heart rate rises, muscle cells break down sugar and fat for fuel. Exercise physiologists lump cardio into three categories; Long, slow distance (LSD), medium hard (tempo) and high intensity interval training (HIIT). So what's what:

LSD— These sessions are long (45 to 60 minutes) and slow; you're creeping at a pace that you can easily be sustained. The point of this is to increase your endurance so you can build a foundation to prep for shorter, tougher sessions.

TEMPO— In these more challenging 20 to 30 minute workouts, you'll close in on your anaerobic threshold, the point where your body shifts from burning a higher percentage of fat rather than carbs. Carbs are easier to access for energy than fat. The benefit is high calorie— burn spikes that targets a higher level of fat for fuel and energy.

HIIT— Kill it... Recover... Repeat... Repeat... On/Off bouts lasting 10-20 minutes or until you can't take it anymore, whichever comes first. HIIT activates the fast-twitch muscle fibers (the muscle fibers sprinters use predominately), making you stronger, and creating a HUGE metabolic demand on your body, INCINERATING calories.

The benefits of cardio are not exclusive to the number of calories and fat that the body burns in each session. More importantly, cardio improves the biological function of the heart and lungs (the cardio-respiratory system), their primary function being to transport oxygen through the bloodstream to the muscles. When the muscle experiences stress or overload, they request more oxygen from the heart and lungs, and your breathing is labored along with your heart pumping faster. The stronger your muscles are they tax the heart and lungs less for oxygen, improving your overall cardiovascular efficiency. This is a direct result of consistent cardio and strength training in addition to the metabolic boost that both avenues, when combined, is the secret sauce for transforming your body!



Important Phone Numbers & Hours of Operations

Treviso Bay Sales Center

239-304-8609

Monday– Saturday

9 AM- 6 PM

Sunday

10 AM-6PM

Lennar Customer Care

866-226-4057

Treviso Bay Golf Pro Shop

Mark Wilhelmi- Mwilhelmi@theiconteam.com

JD Murray- jmurray@theiconteam.com

239-331-2052

Treviso Bay Gate House

24 hours/7 Week

239-384-9380

Property Management Office

Katrena Meyers- kmeyers@theiconteam.com

Jessica Martin- jmartin@theiconteam.com

239-228-7027

239-293-5688

Monday– Friday

9 AM– 5 PM

Golf Course Maintenance

Peter Vincent- pvincent@theiconteam.com

239-344-9928

Tennis Pro Shop

Shawn Hedrick- shedrick@theiconteam.com

239-228-7027

Fitness Center

Kim Williams- kwilliams@theiconteam.com

239-228-7027

Treviso Bay Grille

Josh Littman- jlittman@theiconteam.com

Adriana Garcia- agarcia@theiconteam.com

Monday– Sunday

11 AM– 4 PM

Bar

Monday– Sunday

11 AM– 6 PM

Swimming Pools

Open from Dawn to Dusk

Emergency

911

Sheriff Collier County- NON EMERGENCY

239-252-9300

East Naples Fire Department

239-774-7111

Collier County Water

239-252-6245

Florida Power & Light

800-468-8243

Comcast

800-934-6489

Waste Management

239-252-2380

Teco Gas

877-832-6747

Bug Free

239-530-7378



Treviso Bay's Newest Homeowners

Acqua:

- Rasmussen
- Allen-Jereb

Venezia:

- Bare
- Bottiglia
- Passero
- Elliott



Di Napoli:

- Miller
- Johnston
- Connolly
- Stogios
- Kaminiski– Duff

**Welcome to
Treviso Bay!**

Piacere:

- Forrest– Askew

Italia:

- Doerner

Vercelli:

- Higgins

Bella Firenze:

- Sullivan
- Jess
- Norgard



Community News

Newcomers & Conversation

Monday, August 4th & 18th at 2 PM

This month we will be hosting a Newcomers & Conversation Social down at Rilassare Bar & Grille. This will be an informal get together for new homeowners to socialize & meet new people. No need to RSVP, just come and enjoy your fellow neighbors with some relaxation. There will be drink & food specials!

Architectural Change Approval Needed

No matter what you are placing outside, if it is in view of the neighbors, from the streets or walkways, it needs to be approved before you may place it outside. Plants may not be removed or installed without prior approval either. All physical changes to the exterior of the home must receive approval prior to any changes being made. ARC Forms are online at www.trevisobayhoa.com.

Resort Pool Use

The community pools are amenities which are shared as common areas with all other owners or members. If food or drinks are brought to the pool or purchased at the restaurant, please clean up any food or drink spills and mess before leaving the pool area. Please remember food and beverages are prohibited in the pool and on the pool deck area unless they are purchased at the grille. Animals are not permitted in the fenced pool area at all, and glass containers are not permitted within the fenced pool area as per Florida Administration Code.

U-Topia Spa at Treviso Bay

Monday– Wednesday & Saturday

By Appointment Only

Thursday & Friday

11 AM-2 PM

Call 239-228-7026 to make your appointment now!

Treviso Bay HOA Website

Treviso Bay HOA is on the internet! You can find helpful links such as a Map of Naples, Latest News, Contact Information, Members Area and Hurricane/Emergency Information.

In the Members Area, you can find links to our monthly newsletter, Community Documents, Architectural Request Forms, Owner Directory Forms, and Rental Information.

Check us out at:
www.trevisobayhoa.com

Attention All Tennis Players

If you would like to be on the email list for Tennis Events and Notices, please send your name, email address and level of play (if you know it) to Shedrick@theiconteam.com.

Community News

Club Ambassador

We need the following Club Ambassador's for the following upcoming clubs:

- Bocce Club
- Bridge Social
- Ladies Evening Bunk
- Mah Jongg
- Poker Night
- Sunshine Committee– Putting smiles on those in need
- Euchre!

Please email Jessica at jmartin@theiconteam.com if you are interested!



Aerobics With Soul

Thursdays 8:30-9:30 AM Free class with Diane Gayes, volunteer resident instructor. Please join Diane for an energizing workout that will simultaneously engage your mind, body and spirit!

For more information:
dianegayes@gmail.com

New Member Meetings

We will be holding our New Member Meeting on August 4th & 18th at 1 PM at the Treviso Bay Grille. This meeting will go over information that will help your move in process here at Treviso Bay as smooth as it can be!



Volunteers Needed

If you would like to help with our community Activities, please contact Jessica at jmartin@theiconteam.com!

Pre-call List at the Gate House:

Call 239-384-9380

Please remember to call the gate house to add your guest or vendor to the gate house pre-call list: this will assist in keeping the gate running as efficiently as possible!

Changed Information

Congratulations to Katrena Meyers, our Treviso Bay Community Director, who got married on June 6, 2014! Please make note that her email address had changed to kmeyers@theiconteam.com

Treviso Bay Tennis

Tennis has historically been called the sport for a lifetime. But is this true? According to scientists from a variety of disciplines, tennis is still one of the best sports anyone can choose to play.

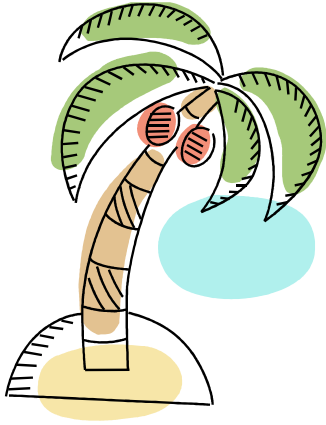
The Facts:

1. People who participate in tennis three hours per week (at moderately vigorous intensity) cut their risk of death in half from any cause, according to physician Ralph Paffenbarger of Harvard University School of Public Health. (Paffenbarger not only studied over 10,000 people over a period of 20 years in his landmark 'College Alumni Health Study', but also finished over 150 marathons over the age of 45.)
2. Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes or non-athletes, according to Dr. Joan Finn and colleagues in a study done at Southern Connecticut State University.
3. Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and thus promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.
4. Tennis outperforms golf, inline skating and most other sports in developing positive personality characteristics, according to Dr. Jim Gavin -- author of *The Exercise Habit*.
5. Competitive tennis burns more calories than aerobics, inline skating, or cycling, according to studies on caloric expenditures.

Is it any wonder that scientists and physicians world-wide view tennis as the most healthful activity to participate in? Other sports may provide excellent health benefits, as well as stimulate mental and emotional growth. But no other sport received such acclaim for its great benefits physically, mentally and emotionally.



Treviso Bay Grille



August Lunch Specials

- Monday – \$8.00 BBQ Flatbread
- Tuesday – \$5.00 Fried Fish Taco's
- Wednesday – \$5.00 Blackened Chicken Sandwich
- Thursday – 50 Cent Wings (Minimum of 8 per order)
- Friday – \$8.00 Broccoli & Goat Cheese Flatbread
- Saturday – \$8.00 Tempura Fried Lobster
- Sunday – \$8.00 Tempura Fried Lobster

Daily Special - \$10.00 (Mon – Sun)

Grilled Swordfish Kabob served over Spanish yellow rice and black beans

August Drink Specials

- Monday – Bloody Mary - \$5.00
- Tuesday – Margarita - \$4.00
- Wednesday – Two-For-One House Wine
- Thursday – Mojito - \$5.00

FREE

Beer & Wine *

With Lunch →

Offer good at bar and grille only, with the purchase of any entrée. Must have Golf Receipt.
Monday– Sunday

Not combinable with other offers.

* Draft Beers & House Wines



Treviso Bay Spa



GLOW LIKE A GODDESS
all summer long

DISCOVER YOUR OUTER GODDESS WITH GOLDEN SHIMMER FACE AND BODY LOTION.

Still available... Golden Shimmer Face & Body Lotion. While supplies last, up to July 31st. If you need to reorder or order the limited edition body shimmer, do so today.

Buy 4 for \$64 and receive a tester and marketing materials FREE.
SKU # 65092
1-800-817-5665 or order@janeiredale.com

NEW
Golden Shimmer Face and Body Lotion

Limited Edition

janeiredale.com

Jane Iredale Makeup can be purchased at U-Topia Spa. For questions or concerns, please call 239-272-7026.

We're on the web!

www.trevisobayvip.com

TREVISO BAY MASTER HOA

9004 Tamiami Trail East
Naples, FL 34113
239-331-3391
239-228-7027
239-293-5688
kherron@theiconteam.com



Treviso Bay is unlike any other golf course community Southwest Florida has ever seen. Treviso Bay is world class golf and country club community, surrounded by the luxury of Naples living. No other community in Naples offers you the exclusive benefits associated with a TPC golf experience, included with your new Lennar Home. The homes and amenities exude a Mediterranean flair while the golf course offers a championship experience like no other. Treviso Bay is surrounded by the best of Naples' beaches, shopping, dining, boating, and fishing. Whether you are looking for a spacious single family home, or a maintenance free condominium, Treviso Bay has it all. Welcome to Treviso Bay!

Would you like to be a part of the next newsletter?

Any resident can submit an article, event notices, picture, etc, for our newsletter! Newsletter article submissions should be dropped off at the Management Office or emailed to

jmartin@theiconteam.com.

