

Health Time Pro-Workout while you work

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Health Time Pro, a new fitness iPhone app for work, works. Studies show sitting for prolonged periods of time is not good for your health. The same studies recommend that once an hour you should get up and do something physical. If you spend most of your day sitting, then this app is a must. Health Time Pro includes a 60 minute timer with a 3 minute workout. All of the exercises included have been designed exclusively for those who spends most of their day sitting.

Belleville, New Jersey - Beth Shergalis today is thrilled to announce Health Time Pro 1.0, her new new fitness for iPhone, iPad and iPod touch. If you spend most of your day sitting, then this app is a must. Health Time Pro includes a 60 minute timer to remind you get up and move. The user can then do a three minute workout that comes with the app. The graphic friendly interface makes it easy to just start using. All of the included exercises can be done at your desk.

Studies show that people who sit more have less desirable levels of cholesterol, blood sugar, triglycerides and even waist size, which increases the risk of diabetes, heart disease and a number of health problems. App Designer, Ms. Shergalis stated, "Using this app is an absolute necessity for anyone concerned about the health effects of being sedentary".

Employers who care about their employee's well being and rising health costs should recommend that workers get up and move at least once an hour. The benefits of using the Health Time Pro app is that it incorporates a balanced workout for the whole body in three minutes at ones desk. For .99 you can add so much to your health.

Features:

- * 3D illustrated poses
- * 60 Minute timer
- * Info on how to properly do exercise
- * 30 second timer with sound alarm to notify user when to change to next pose
- * Easy to use interface
- * No ads

Benefits of use, helps reduce risk of:

- * High Blood pressure
- * Diabetes
- * Cancer
- * Heart disease

There is also a free version. The "Health Time LT" does not include the 60 minute timer. It does include kiip rewards for finishing the exercises. Download through iTunes for yourself or you can "Gift this App" to someones health you care about.

Device Requirements:

- * iPhone, iPod touch, and iPad
- * Requires iOS 3.0 or later
- * 11 MB

Pricing and Availability:

Health Time Pro 1.0 is \$0.99 (USD) and available worldwide exclusively through the App Store in the Health & Fitness category.

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Health Time Pro 1.0:

<http://www.rowzone.net/heathmove>

Purchase and Download:

<http://itunes.apple.com/app/health-time-pro/id505396750>

Screenshot 1:

<http://a1.mzstatic.com/us/r1000/115/Purple/a8/36/00/mzl.pqmhoerh.320x480-75.jpg>

Screenshot 2:

<http://a4.mzstatic.com/us/r1000/115/Purple/72/85/d8/mzl.oxkrotei.320x480-75.jpg>

Screenshot 3:

<http://a2.mzstatic.com/us/r1000/063/Purple/74/02/bc/mzl.elellmcs.320x480-75.jpg>

App Icon:

<http://a2.mzstatic.com/us/r1000/078/Purple/1d/b1/03/mzl.ksatutxb.175x175-75.jpg>

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