

Group: Root Digital

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App Name: Illo

App Description:

The Pomodoro technique is a popular productivity strategy among students and professionals. Users set a timer in which they work for a certain amount of time (dubbed a pomodoro) and then take a break, and repeat. Illo is your standard pomodoro timer, with a twist - Illo will provide you with light exercises to do in between pomodoros. The goal of this is to mediate the health risks associated with sitting all day, as well as improve your fitness habits.

This app is highly customizable. Pick from three categories to draw exercises from:

- Free Weight Exercises: situps, leg lifts, pushups, etc.
- Stretches: chair stretches for neck and spine health, standing exercises for overall flexibility.
- Meditation: balance your mind and improve productivity further with meditation exercises.

Further, if you would like to mix and match categories, you may create your own groupings of exercises to draw from, or create ordered workouts for a consistent experience every time. Still not satisfied? Create your own exercises to best suit your needs.

Can't get up from your chair? Illo has exercises in each category which can be done easily at your desk without getting up, so you can still get your exercises in while studying in the library.

Keep track of your progress in-app and watch how short exercises can build up into long-term benefits. Share your results, workouts, and custom exercises with your friends!

Illo also comes with all the features you'd expect of a good pomodoro timer.

- Pause and resume at any time.
- Set custom pomodoro and exercises/break lengths.
- Runs in the background and sends notifications when not in focus.

Illo will help you do what you can, when you can, improving your fitness, health, and productivity.