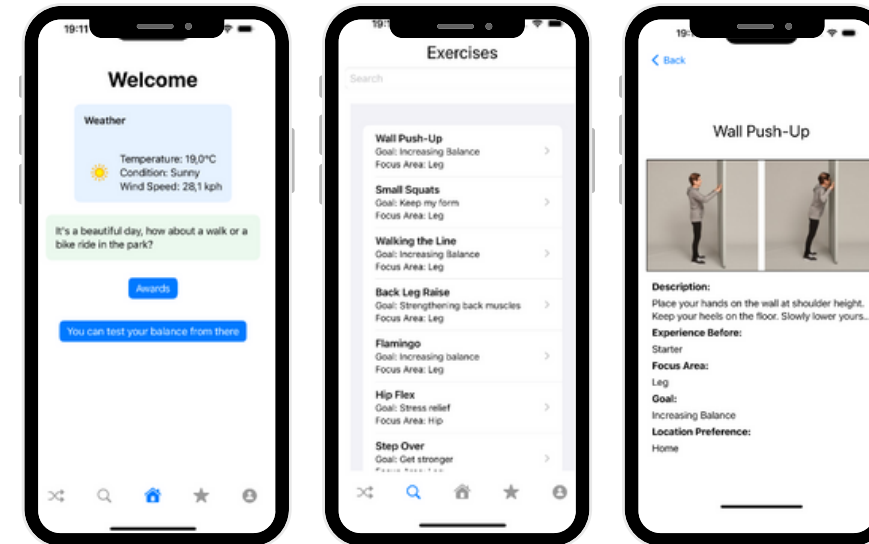


Digital Health Coach



TIME TO MOVE



TEAM

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There is great importance in aging healthy and staying fit for all people. Having an aerobic activity is recommended for most healthy adults. However, following a planned exercise routine or starting routine is very challenging. Self motivation, flexible time management is very important for having a sustainable exercise routine and a professional health coach is very helpful for the continuation of this routine.

Time to Move is an IOS application focused on promoting healthy aging and fitness by providing personalized exercise recommendations, correct movement guidance, progress tracking, motivational features, and interactive coaching services, ultimately aiming to facilitate regular exercise routines for users of all ages and fitness levels.

