

IHT, adidas Expand Heart Rate-Focused P.E. Beyond Classroom with New, Free Spirit Mobile App for Individual Use

AUSTIN, TX, UNITED STATES, September 25, 2017 /EINPresswire.com/ -- [Interactive Health Technologies®](#), LLC, announces the release of the new IHT Spirit Mobile App, the next step in personalizing physical education by connecting users with heart rate data.

Developed in conjunction with adidas, the free IHT Spirit Mobile App enables users to connect with the [IHT Spirit System®](#) outside of the traditional school confines. Through the new app, students participating in distance learning or remote physical education classroom settings maintain the crucial connection to coaching from their teacher or trainer while completing assignments and activities on their own schedule. IHT Spirit Mobile App users begin and end exercise sessions with the [adidas ZONE](#) for IHT Spirit wrist heart rate monitor from their phones.

"The IHT Spirit Mobile App enables schools to provide students with valuable, structured physical education on their own schedules while maintaining the coaching and accountability students receive in a traditional PE setting," said IHT Co-Founder and President Jen Ohlson. "The new mobile app reinforces healthy behavior and motivates future activity while continuing to provide each student with consistent, immediate feedback and support."

"The adidas Zone and IHT Spirit Mobile App frees physical education from the limitations of the school timetable," said Kim Scheffler, Director-adidas Digital Sports. "By making the IHT Spirit System individually accessible outside of the school, students are motivated, inspired and empowered to cultivate the habits that lead to lifelong health and fitness."

IHT and adidas partnered to develop the adidas ZONE for IHT Spirit wrist heart rate monitor, which made its debut in schools in the 2016-17 school year. By capturing student heart rate data with the adidas ZONE and analyzing that data, the IHT Spirit System® Assessment Software provides students with a report of each individual workout, connecting them with vital information that can help them develop the intrinsic exercise habits that serve them beyond graduation.

The IHT Spirit Mobile App is a free download available in both the iOS APP store and the Google Play store.

About IHT

Designed to bring personalized learning through Physical Education classes, the IHT Spirit System® empowers teachers to inspire ownership of health in students utilizing heart rate data and software



Along with adidas, IHT released a wrist-based heart rate monitor designed specifically for P.E. in 2016.

designed specifically for use in schools. For more information, visit www.ihtusa.com or email Jen Ohlson, IHT co-founder and president: jen@ihtusa.com.

About the IHT+adidas Partnership

Since 2015, IHT and adidas have worked together to develop a new age of fitness technology in schools. The companies aim to empower young people to become self-motivated in managing their own health by providing students individualized goals for PE that will help them realize their own potential. adidas is a leading brand in sports innovation and its miCoach training service has helped elite professionals and consumers maximize their potential through technology and expert guidance. This same commitment to unleashing human potential through custom personal guidance is now in the U.S. school system through the partnership with IHT.

For more information

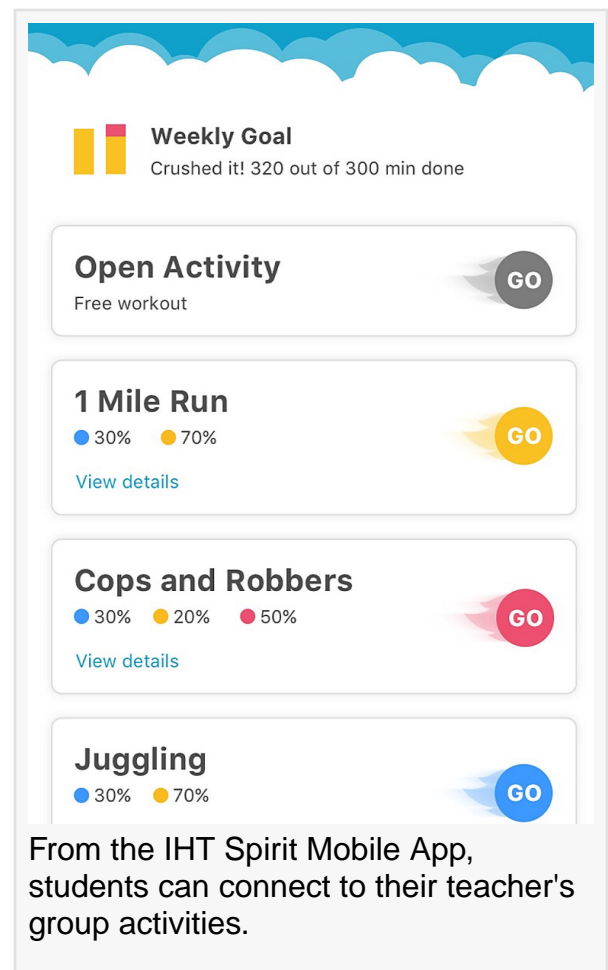
IHT President and Co-Founder Jen Ohlson can be reached at jen@ihtusa.com.

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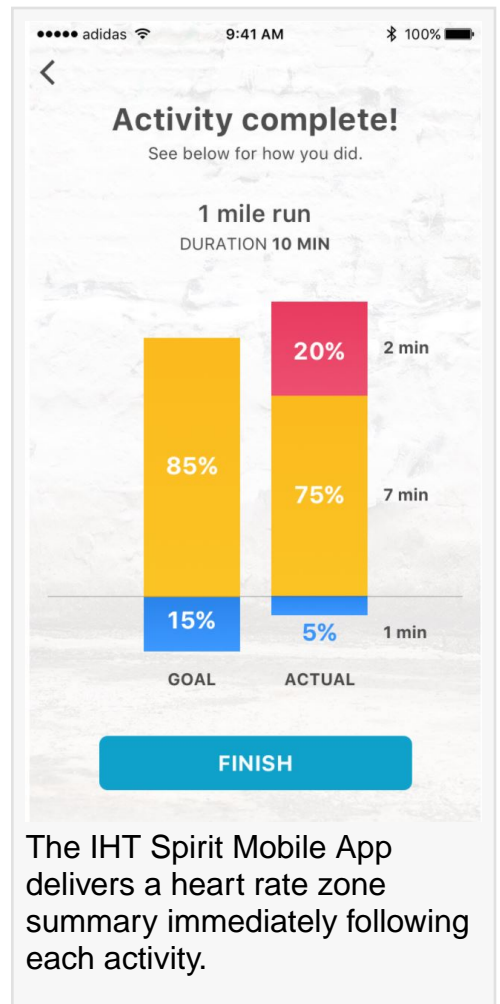
The IHT Spirit Mobile App enables schools to provide students with valuable, structured physical education on their own while maintaining the coaching and accountability of a traditional PE setting.”

Jen Ohlson

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From the IHT Spirit Mobile App, students can connect to their teacher's group activities.



This press release can be viewed online at: <http://www.einpresswire.com>

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