

DR1224 Sets to Reshape the Fitness Industry by Redefining What it Really Means to be Well

DR1224 will bridge the gap in science communications and healthy living by connecting professionals and everyday users in the health and wellness community.

SAN JOSE, CALIFORNIA, USA, January 25, 2018 /EINPresswire.com/ -- San Jose, California (January 2018) -

DR1224, an interactive digital platform that strives to utilize the power of social media, technology, and globalization to redefine the approach toward health and

wellness, has announced today that its sharpening the focus of overall health on key wellness initiatives that bring balance to an individual's overall well-being. These fundamentals of comprehensive wellness include mental, physical, social, spiritual, career, financial, natural, and general areas of health, many of which are often neglected in the mainstream fitness industry.

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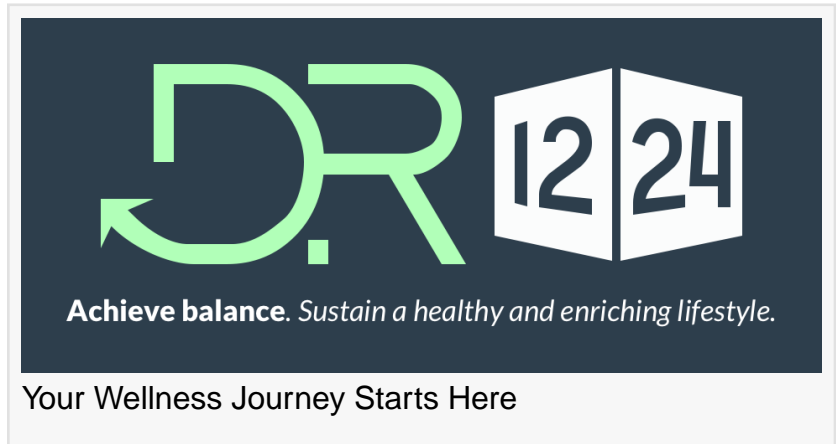
Izza Jahari, PhD

Izza Jahari, PhD, the founder of DR1224, commented on the matter, “We are developing DR1224 with two overarching goals: to make it simpler for people to find and follow health and wellness trends and to help promote health and wellness businesses and properly market themselves by educating their customers instead of focusing on traditional sales methods. Our platform is designed for the mutual benefit of businesses in the industry and end-users who are looking to adopt a healthy and active lifestyle”.

Dr. Jahari reiterates why all aspects of health contribute to better results for those who seek to improve their well-being. Statistics derived from MentalHealth.gov support these statements, with reports that show one in five Americans experience a mental health issue, and one in 10 are shown to have a period of major depression. The Anxiety and Depression Association of America has stated although anxiety is a highly treatable nervous disorder, only 36.9% of those who experience anxiety have it treated.

Dr. Jahari continued, “With a simple, yet holistic approach, we can take one step closer toward achieving balance and restoring value in every aspect of life, and empower communities and individuals to optimize health and happiness by focusing on key elements.”

The mainstream fitness industry does not seem to share the same values. Though physical fitness and nutrition are key aspects of health, the focus on overall health has fallen by the wayside. DR1224 is taking a firm stance to shift this focus toward comprehensive health and wellness. The team has



pledged to support their users by supplying them with a platform that promotes valuable health-related information and scientific research. The intent is to allow the platform users to make educated decisions based on their own merits. The outcome is expected to transform the way people view their well-being and inform them as to what it takes to achieve a truly healthy lifestyle.

Dr. Jahari concluded, “Our aim is to establish a singular hub that provides technological advantages to participants at all levels in the wellness community. Our focus is on bringing together various participants and collaborating with them to achieve collective goals. We want to develop a reputation for being a facilitator and partner to build a better future for a more competitive and challenging industry. We are driven by one objective; to promote health and wellness”.

DR1224 is live now at:
www.DR1224.com

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ABOUT DR1224

DR1224 is an interactive online platform / tool that connects worldwide health and wellness communities on a global scale. The platform was established to serve as a community-based health and wellness essentials hub. DR1224 will focus on its target market, health and wellness enthusiasts who are looking to network with like-minded people by creating and sharing content about their wellness journey, and to be always “in-the-know” about the latest research and major breakthroughs in the health and wellness industry. We will strive to abide with DR1224 core values, which includes offering a user-friendly online platform dedicated solely to health and wellness, giving our members exclusive access to share their wellness advocacies and journeys, and provide them with a voice to share first-hand information in the industry to keep them ahead and give them competitive advantages.

The live platform enables both individual users and businesses (or company’ accounts) to hold an educated, proactive, and concentrated conversation about a variety of topics related to an overall healthy lifestyle. In bridging the gap between the science and wellness arenas, DR1224 brings opportunities to stakeholders, contributors, experts, and consumers alike within its single platform to create a greater understanding and appreciation for the underlying science behind healthy living. DR1224’s five sections serve as a tool for users to go beyond basic lifestyle topics to delve deeper into health, wellness, life balance, happiness, mental health, technology, love, relationships, career, family news, writing, and research.

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contact@dr1224.com

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Gabriel Melean

DR1224

+1 669 247 5125

email us here

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