



New Wellness Hub Announces New Focus on Community-Based Efforts

DR1224 emphasizes the message of proactive healthy living while aiming to unite the health and wellness community.

SAN JOSE, CALIFORNIA, USA, February 1, 2018 /EINPresswire.com/ -- From certified medical professionals to aspiring fit-moms, the health and wellness ecosystem accounts for individuals of various backgrounds and expertise. With thousands upon thousands of health and wellness fields, categories, and areas of understanding, uniting all participants on a single wellness-hub is a task that is seemingly out of reach. A single wellness hub would be hard-pressed to unite all key players in the wellness community to educate, encourage, and achieve positive health-related results for all. Nonetheless, Daily Ritual 12/24, or DR1224 for short, has set out to achieve just that.

DR1224 is an online platform that utilizes the power of social media, technological advancements, and globalization to redefine approaches towards health and wellness awareness, education, and best practices. The goal of the platform is to not only address fitness and diet, but to cover all things health and news-related, including research in happiness, world-life balance, mental health, love, relationships, family, career-health, and more.

Recently, the platform has announced a new movement to encourage all key players in the health and wellness ecosystem to come together and combine their efforts in creating a happier and healthier future. So far, the response has been a positive one.

"I feel like I'm part of something worthwhile", Debbie Young, single mother of two, stated in regards to the DR1224 movement. "I was so lost after having Cassey (Debbie's four-year old daughter). I felt like my body was at a point of no return", Debbie went on to say.

Following her second pregnancy, Debbie gained an additional twenty-four pounds above her average starting weight. With little hope left and nothing to lose, she signed up on DR1224 looking for a solution.

"It wasn't just about losing the weight. It was more about the way I felt about myself. I could be the fittest mom in the world, but I learned that in order to be truly happy, I needed to stop judging myself based on what I saw in the mirror. It's not just physical, the mental aspect is a problem I've had well before pregnancy, and I'm glad to say I'm more physically and 'mentally fit' these days since I've been educating myself on the website", Debbie stated.

"I'm at a point where I feel like I want to pay it forward. I have a unique perspective, being a single mom of two beautiful children. I'm sure there are others who are currently going through the same issues I was. I'm just thankful, and I feel like I can give back by supporting others by sharing my experience on DR1224", Debbie went on to say.

The movement toward happier and healthier lifestyles has taken off with more and more users posting on the platform. Features posted on the Wellness Essentials, Science & Wellness, and Media pages

have been populating rapidly since the announcement, including posts translating scientific research to the general public, wellness tips, health-related videos, and much more. The positive approach to progress health initiatives seems to be successfully tying communities together with a common goal: to make positive changes in life through healthy choices.

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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