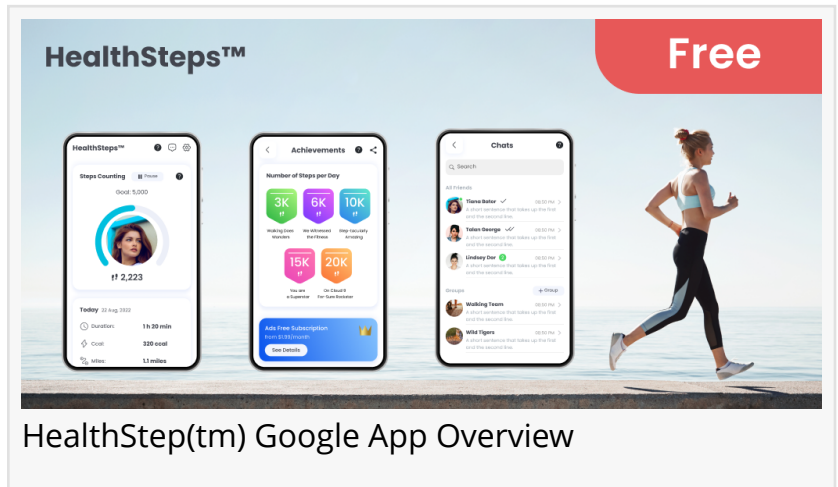


# New Dating App Helps the Search for Love with a Focus on Health and Wellness

*In a leap forward towards dating, HealthSteps(tm) a new app is set to redefine the way singles connect, with the importance of health in building relationships*

WOBURN, MA, UNITED STATES,  
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-- In a leap forward towards online dating, [HealthSteps](#)(tm) a new app is set to redefine the way singles connect, emphasizing not just the journey to find love but also the importance of health and wellness in building meaningful relationships. The app, appropriately named HealthSteps™ is designed to cater to the modern dater who values both emotional connections and physical well-being.



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Unlike traditional dating platforms, HealthSteps™ introduces a unique blend of features aimed at promoting healthy lifestyle among its users, said CEO of ApsTron Science”

*ApsTron's CEO, Tahir Chaudhry*

## A Holistic Approach to Finding Love

Unlike traditional dating platforms, HealthSteps™ introduces a unique blend of features aimed at promoting healthy lifestyles among its users. At its core, the app encourages users to engage in healthy walks, making the search for a partner an active pursuit. By integrating health parameters into the matching process, HealthSteps™ ensures that individuals can find others who share similar health goals and lifestyles.

Some of the main features of the Healthsteps(tm) App are:

### Emotional and Physical Well-Being

Recognizing the importance of mental health in the formation of strong, lasting relationships, HealthSteps™ utilizes binaural beats within the app to help improve users' emotional health. This feature offers a unique way for individuals to manage stress and anxiety, fostering a sense of

calm and readiness to connect with potential matches.

In addition to emotional wellness, HealthSteps™ provides users with valuable health information, including Body Mass Index (BMI), Basal Metabolic Rate (BMR), calories burnt, and miles walked. This data not only encourages a healthy lifestyle but also allows users to share their progress and milestones with potential partners, adding another layer of connection.

### Building Connections on Shared Values

Understanding that compatibility extends beyond physical health, HealthSteps{tm} offers comprehensive matching based on demographics, religion, ethnicity, location, and interests. This ensures that users can find soul mates who align with their values and life goals.

### Enhanced Communication and Community Features

HealthSteps™ boasts an advanced online chat system, enabling users to communicate seamlessly with potential matches. The platform also fosters group activities, providing opportunities for users to meet in supportive and health-focused environments. A "friends" list feature allows users to keep track of and nurture connections, even if a romantic relationship doesn't develop.

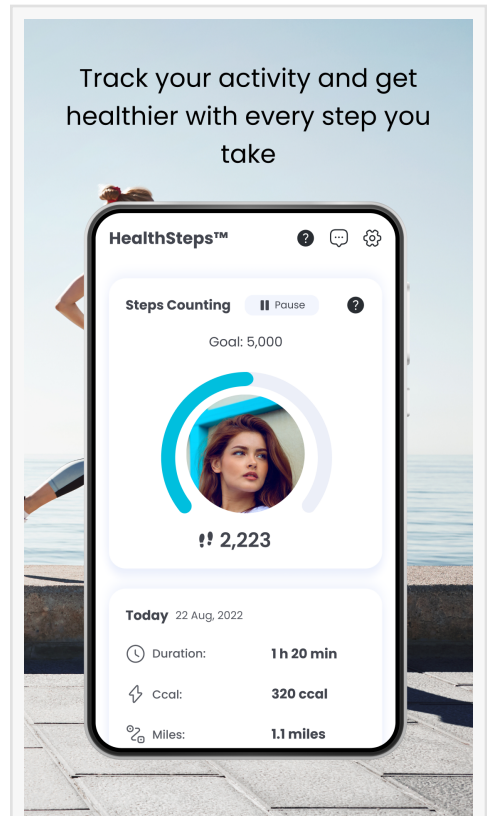
### A New Era of Mindful Dating

HealthSteps™ is not just a dating app; it's a movement towards mindful, healthy dating where the journey to find love contributes to the overall well-being of individuals. By prioritizing health and wellness, HealthSteps™ stands out as a pioneer in the dating industry, offering a unique and enriching experience for those seeking meaningful connections.

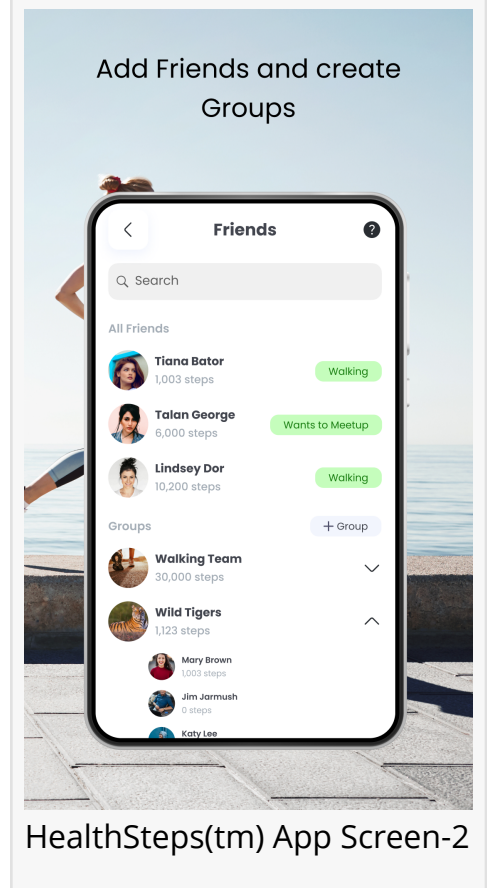
### Availability

HealthSteps™ is now available for download on iOS and Android devices, simply search for HealthSteps™ on Google or Apple phones. Also, you can get them from links below:

iOS App link: <https://apps.apple.com/us/app/healthsteps-tm/id6446171359>



HealthSteps(tm)-Screen-1



HealthSteps(tm) App Screen-2

Android App link: <https://play.google.com/store/apps/details?id=com.healthdiaries.healthsteps&pli=1>

For more information about HealthSteps™ and other innovative solutions by [ApsTron Science](#), please visit [www.HealthDiaries.US](http://www.HealthDiaries.US).

ApsTron Science is a dedicated innovator in the field of mindfulness and wellness technology, committed to providing valuable tools for various applications. With a focus on research and development, ApsTron aims to contribute to the betterment of individuals' lives through innovative solutions.

For more details on ApsTron Science Apps, Sensors, and Systems, please visit [www.HealthDiaries.US](http://www.HealthDiaries.US), with the main website available at [www.ApsTron.com](http://www.ApsTron.com).

For more information about ApsTron Science and its healthcare solutions, please visit [www.ApsTron.com](http://www.ApsTron.com)

Tahir Chaudhry  
ApsTron Science, Corp.  
marketing@apstron.com

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