

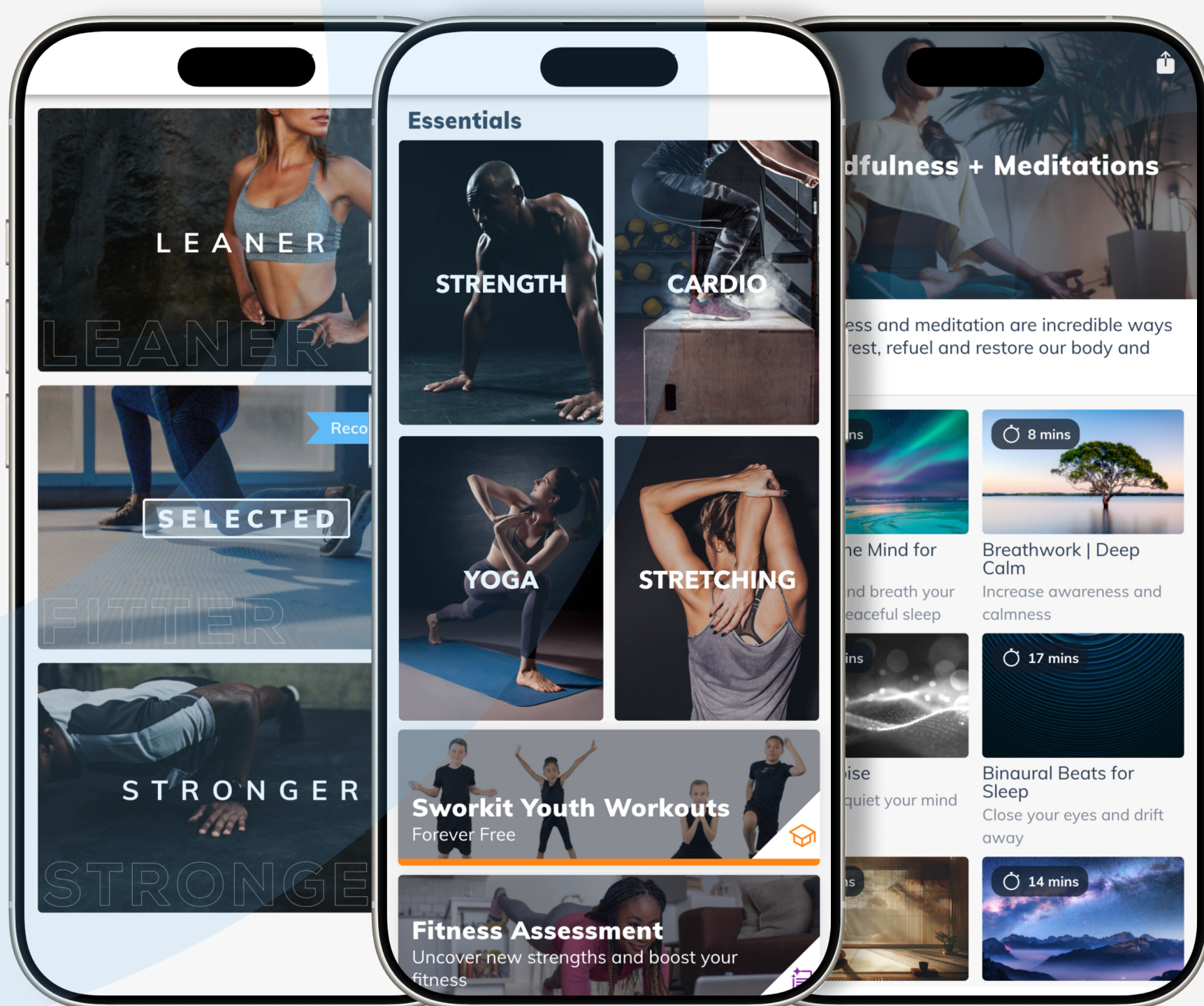


Take Control of Your Heart Health with Sworkit Health



Take control of your heart health with Sworkit Health, your personal ally in combating cardiovascular disease through customized workouts, stress-reducing meditations, and expert-designed exercise programs. Our innovative app offers over 500+ targeted routines that help lower blood pressure, reduce inflammation, and strengthen your heart—all tailored to your unique fitness level and wellness goals. Whether you're a beginner or a fitness enthusiast, Sworkit Health empowers you to proactively manage your cardiovascular wellness and live a healthier, more vibrant life.

Exercising Regularly Helps You



Live Longer, Live Better

- Reduce early death risk by 21%
- Boost to 34% with daily activity



Protect you from Type 2 Diabetes

- Improves blood sugar control
- Helps manage cholesterol



Be Heart Happy

- Strengthens your heart
- Improves blood flow
- Lowers blood pressure



Boost your Mood

- Release "feel-good" chemicals
- Reduce stress
- Ease anxiety and depression