

# Times Wellness Solutions Brief



Solutions Brief  
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## Enabled by Ultrabook™ Devices

Being healthy can be challenging in today's hectic world. It's often difficult to find time to eat right, exercise regularly, get flexible with yoga and other activities that help to build health. Yet being healthy can help us avoid medical problems, increase our mood, avoid sickness and live longer, according to many researchers.

Yet now with the Times Wellness app by Times Music, users get a convenient way to get health-related information right on their Ultrabook™ device. Based on the popular TimesWellness.com website that provides health-related advice and information, the Times Wellness app is a powerful resource for health-related information that features instructional health and wellness videos, music therapy and more.



As an Intel® Software Partner, Times Music was able to access Intel® tools, code and support from the Intel® Developer Zoneto optimize Times Wellness for the unique capabilities of Ultrabook devices. The high resolution screen, touch capabilities, and Intel® Core processors help make the videos and other features of Times Wellness interactive and compelling.

The Times Wellness app runs like a widget on Ultrabook devices, allowing users to easily access the latest in health-related videos from the desktop without having to open a Web browser. It features numerous videos and audio that is constantly updated. Subjects include Yoga and Fitness, Music Therapy, Better Living and Relaxation.

With constantly updated videos, content and audio, users of Times Wellness get a wealth of information available to them on their Ultrabook device, including:

### Workout videos

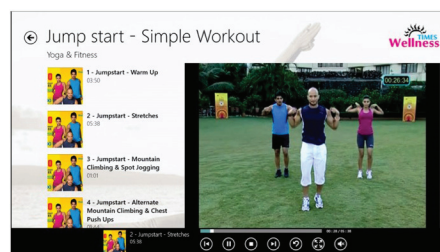
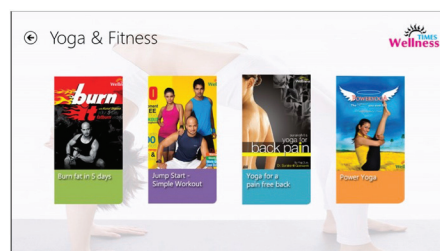
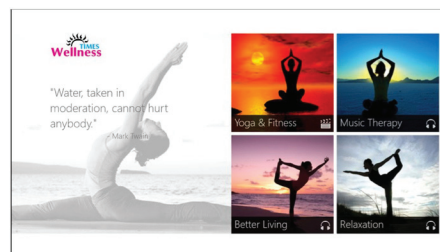
Exercise from home or wherever you may be with exercise videos that feature certified trainers. Some of the videos include: Burn Fat in Five Days, Just Start – Simple Workout and more.

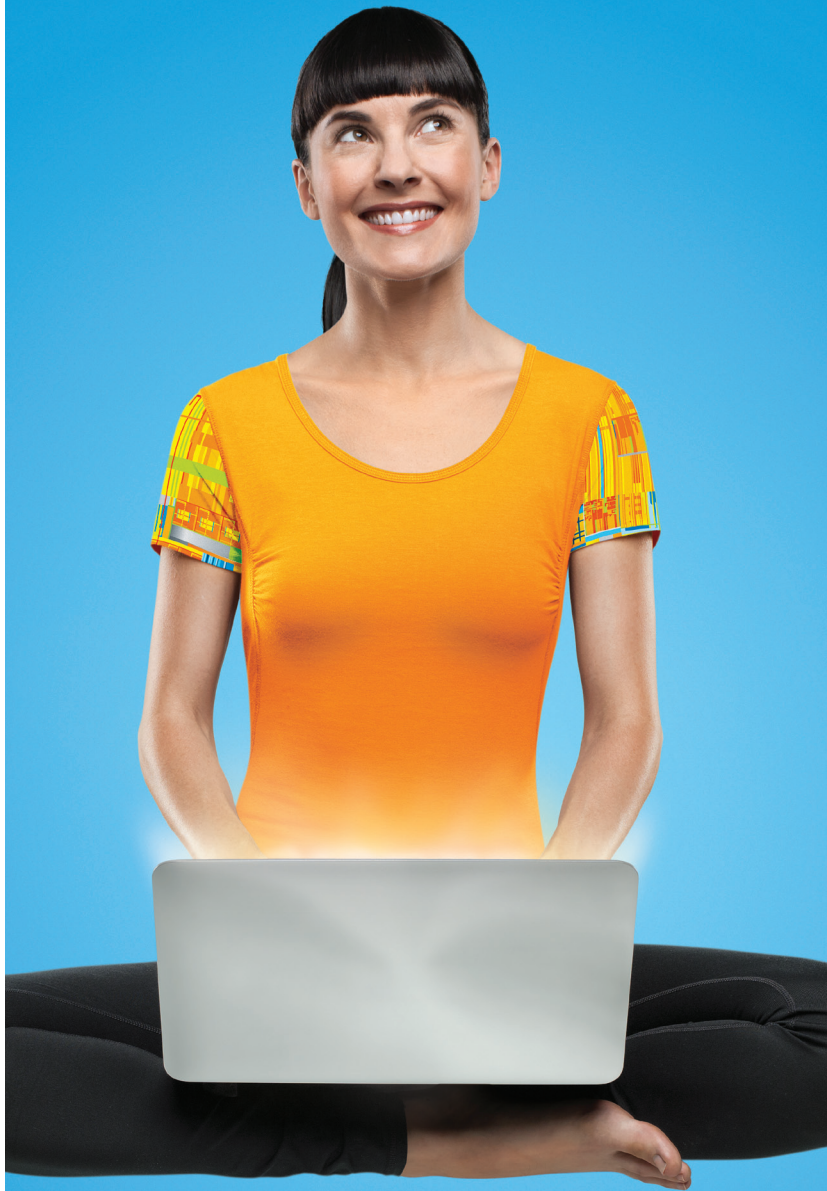
### Yoga Videos

Why go to the yoga studio when you can do yoga at home? Access numerous yoga videos that help increase flexibility, build strength and ease pain. Videos include Yoga for Back Pain, Power Yoga, Yoga for Your Eyes and much more.

### Music Therapy

Music and mantras can help people elevate their mood, relax and even assist during the healing process. The Times Wellness music therapy selection contains a host of music designed to assist with numerous maladies including high blood pressure, asthma, diabetes and more.





## Times Wellness Powered by Ultrabook™ Devices

New Ultrabook devices provide an engaging, visually-rich platform to learn about health-related subjects and participate along with guided videos with Times Wellness. With the interactive touch and keyboard capabilities, visually-rich display and Intel® Core™ processors, becoming healthy is easy and fun.



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