



## FEATURES

# A Program that Fits Your Needs

Symmio is designed to make physical and mental care accessible, engaging, and easy. So how is Symmio different from all of the other health apps you've seen? For starters, we focus on the total picture of your health: movement analysis, nutrition awareness, sleep wellness, and behavioral health.



### Personalized focus.

After an initial assessment, Symmio tailors physical and mental health advice specifically to you.

### Short daily programs.

Each daily session is around 10 minutes and easy enough to fit in when you have a moment.

### A better night's rest.

Understand your sleep habits and how they impact your health.

### Expert advice.

Our assessments are used and trusted by professional and collegiate sports teams and organizations worldwide.

### Guided exercises.

Delivered by industry experts, Symmio guides you through exercises that target your specific movement needs.

### Train anywhere.

Use Symmio wherever you can find space to put down an exercise mat, no gym necessary.

[Learn More](#)



## Try Symmio Today

Symmio will help you discover your full potential while keeping you focused on meeting your wellness goals in an easy-to-use app available on any mobile device.



[View in browser](#)

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