



For Immediate Release

IHT Launches Classroom App to Start Student Monitors with One Tap

AUSTIN, TX – Oct 14, 2025 – Interactive Health Technologies, LLC (IHT), industry leader and manufacturer of the world's only heart rate monitor system for the measurement of K-12 students' physical and emotional well-being, announces the launch of the IHT Classroom App, with state-of-the-art features such as one-tap activation/deactivation and an unrestricted operating range. This revolutionary teacher-focused platform is designed to maximize student engagement, simplify classroom management, and promote physical and emotional wellness in K-12 students.

Part of the [Spirit Software Suite](#), the Classroom App functions as a comprehensive teacher command center. Unlike any other app on the market, the Classroom App unites every feature educators need in one platform, from activating all monitors at once and preloading rosters, to delivering built-in curriculum, student journaling, parent reports, and seamless operation without range limits. Paired with the [Spirit Heart Rate Monitors](#), the app allows class to start sooner for immediate student participation.

"Our mission has always been to empower teachers and students," said IHT CEO Jen Ohlson. "The Classroom App makes teaching simpler and more seamless, giving educators more time to focus on what matters most – helping students take ownership of their health and growth. By making class easier to start and more engaging to run, we're turning heartbeats into meaningful insights that inspire daily progress and long-term success. It's more than just technology; it's about giving every student the opportunity to thrive by making teachers' work easier and even more impactful."

With the app, educators can also select or customize lessons, assign devices, and adjust class times, whether in physical education, health classes, special education, or general education settings. The app integrates seamlessly with IHT's Assessment Software, allowing for automatic data syncing and instant summary reports for students and parents.

The Classroom App is designed to boost student engagement, make it easier for teachers to differentiate instruction, simplify grading, and strengthen the connection between classroom learning and home support. The app transforms wellness from a quarterly report into an everyday experience, encouraging students to take ownership of their physical and emotional health.



Key features of the Classroom App include:

- All-in-one platform for student heart rate monitoring and goal tracking
- One-tap class setup and management for streamlined operations
- Customizable lessons and activity plans tailored to each student's learning goals
- Freedom to operate indoors or outdoors without range limits, Wi-Fi dependency, or tethered Bluetooth connections
- Preloaded student rosters and attendance tracking
- Time in zone tracking, visual graphs, and caloric expenditure metrics to make effort and progress visible
- All data automatically syncs within the Spirit Software ecosystem for long-term growth tracking
- Student journaling and reflection tools to support self-awareness and goal setting
- Automatically-generated summary reports for students, parents, and educators

The Classroom App is suitable for a variety of settings, including PE and online PE classes, general education classes, adapted physical education, fitness assessments, counseling, behavioral therapy, and health education. By providing students with immediate visual feedback through the Spirit Heart Rate Monitor, the app helps foster self-regulation, motivation, and personal accountability.

[Click here to view the media kit.](#)

Availability

The Classroom App is [now available for download on Android](#) (ChromeOS devices will be supported in 2026) and pairs with the Spirit Heart Rate Monitors for an all-in-one classroom wellness solution. The app is free to download, but the Spirit Software Suite needs to be purchased for \$150 a year in order for the app to function. It is [available for purchase here](#).

For more information or to receive a virtual demonstration, visit: www.ihntusa.com.

About IHT:

Interactive Health Technologies (IHT) is dedicated to improving student health by integrating physical activity with emotional and academic development. Our mission is to empower students — from kindergarten through 12th grade — with the tools to take ownership of their physical and mental well-being. Learn more at www.ihntusa.com.

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