

WIRELESS SYSTEM FOR HEALTH WATCH**ABSTRACT**

The present invention provides a wireless health watch system that comprises a computer storage medium having stored therein a plurality of types of information concerning of maintaining a healthy lifestyle, an execution unit coupled to the computer storage medium for executing a plurality of programming instructions, and an interface coupled to the execution unit, wherein the interface allows a user to input instructions to the execution unit and receiving information from the execution unit. The wireless health watch system is fully accessible by a mobile phone.

FIG 3