

August 2023

## ◆ Wellbeats

Wellness

# Every Minute Matters



Staying active not only keeps your body healthy but also your mind. With Wellbeats *Wellness*, you can find fitness, nutrition, and mindfulness classes to incorporate in your daily routine.



### Examples include:

- Short stretch breaks in-between meetings
- Healthy recipes to fuel your day
- Workouts for all levels, abilities, and interests
- Guided programs to get started, build strength, relieve stress, and more

Log in at any time and start a fitness, nutrition, or mindfulness in just one click... so that you can get back to the moments that matter.

Complete at least 40 Wellbeats class play minutes by August 31 and you'll be entered in a drawing for a chance to win a Wellbeats *Wellness* accessories gift card.



Download the app on the App Store, Google Play, or Apple TV

[portal.wellbeats.com](https://portal.wellbeats.com)