



# Your Way to Wellness

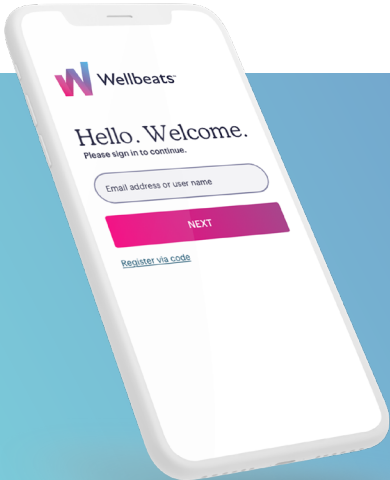


### About Wellbeats, Your Virtual Wellness Offering

Access virtual fitness, nutrition, and mindfulness classes with Wellbeats! No matter your age, level, ability, or interest, you can choose what fits your lifestyle.

Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, there are a variety of ways to live a healthy life with Wellbeats.

- 1,000+ fitness, nutrition, and mindfulness classes led by a team of certified, friendly instructors
- 30+ goal-based programs
- 70+ healthy recipes
- Easy-to-use and stream on your personal devices at home or on-the-go
- Track your progress and receive personal recommendations
- Schedule classes in advance and invite others to join
- Download classes to play offline
- Receive automated reminders to keep you on track



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