



# Reset. Recharge. Refocus on YOU

Brought to you by Wellbeats *Wellness*, a product of LifeSpeak, Inc.

## ◆ Wellbeats

Wellness

### Take care of your mind and body with Wellbeats

Feeling drained or running on empty by the end of the day? Do you tend to put your own needs last?

Refocus on you and your wellbeing with the 4-week “Take Care of You” program.

This program includes on-demand fitness and wellbeing classes to restore energy, elevate your mood, and focus on your own health and happiness.

No need to feel guilty for taking time to better yourself. You’re worth it.



Join the Wellbeats  
“Take Care of You”  
program today

What are you in the mood for today? With the “Take Care of You” program, you choose what type of class sounds best:

#### OPTION 1:

Play a relaxing yoga or meditation class such as:



**Gratitude Meditation**  
30 mins | ★ 4.6



**Therapeutic Yoga**  
30 mins | ★ 4.7



**Gentle Yoga**  
28 mins | ★ 4.7

#### OPTION 2:

Play an energy-boosting workout such as:



**Power Circuits**  
22 mins | ★ 4.6



**Sunrise Run**  
20 mins | ★ 4.8



**Bring It Tabata**  
25 mins | ★ 4.7



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

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