

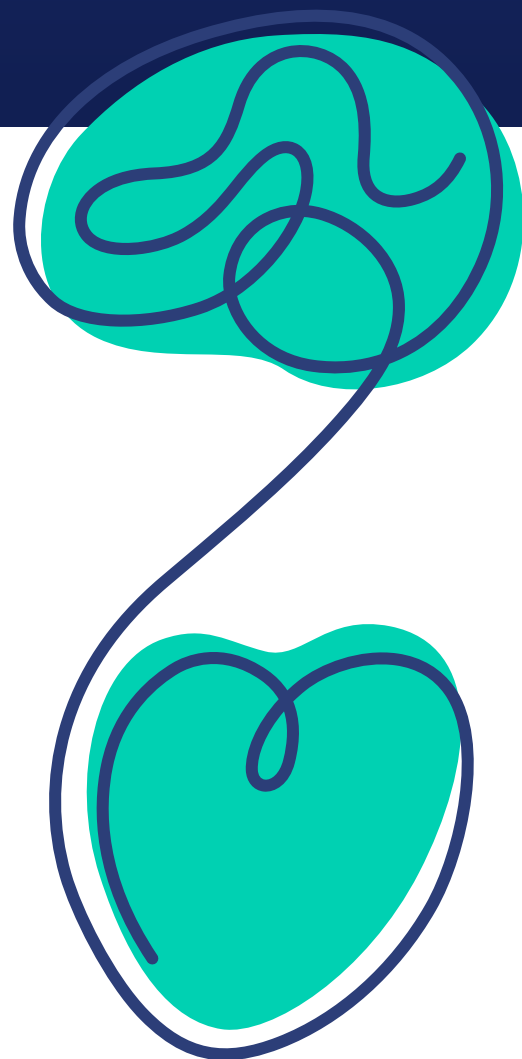


3 Ways to Strengthen Your Body and Mind

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Have you thought about how your mind and body influence each other? This month, we're focusing on the **mind-body connection** and how your thoughts and emotions impact your physical health, and vice versa. Discover how taking care of your body can lead to a clearer, more focused mind with Wellbeats.

Here are three ways to take better care of yourself and strengthen your mind-body connection:



1. De-stress and unwind

Find your perfect session to quiet your mind, reduce stress, and sharpen your focus.



Breath Work
6 mins | ★ 4.7



Gratitude Meditation
30 mins | ★ 4.7



Practicing Being Present
5 mins | ★ 4.7

2. Move with purpose

Connect your breath to your body, fostering inner peace and improving concentration.



Peaceful Yoga
22 mins | ★ 4.7



Yoga Barre Blend
21 mins | ★ 4.8



Tai Chi Postures
19 mins | ★ 4.8

3. Nourish your mind and body

Focus on providing yourself with a variety of delicious recipes to support your cognitive function and mental clarity.



Boost Your Mood
12 mins | ★ 4.7



Cooking to Reduce Stress
7 mins | ★ 4.7



Connection between Mood and Food
7 mins | ★ 4.7

Ready to Get Started?

Log in to your Wellbeats *Wellness* account to explore thousands of on-demand fitness, nutrition, and mindfulness classes in our extensive library. Embrace the power of mind-body connection with Wellbeats this October!



Download the app on the
App Store or Google Play

portal.wellbeats.com

