**Heart Health: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

**A person holding a yellow object

Description automatically generated**

Small changes can make a big difference in your heart health. For Heart Health Month, explore ways to improve your wellbeing and enjoy a healthier, happier heart.

As part of your benefits, you have access to Wellbeats *Wellness*, offering a variety of videos to keep you and your heart in great shape. Here are some highlights from our three pillars: Fitness, Nutrition, and Mind-Body.

**Fitness:**

[Countdown to Fit](https://portal.wellbeats.com/search(m:class-detail/1808)#overview)

[Power Circuits](https://portal.wellbeats.com/search(m:class-detail/1846)#overview)

**Nutrition:**  
[Breakfast: Start Your Day Right](https://portal.wellbeats.com/search(m:class-detail/1505)#overview)

[Eat Better, Sleep Better](https://portal.wellbeats.com/search(m:class-detail/1515)#overview)

**Mind-Body:**  
[Balance in Focus](https://portal.wellbeats.com/search(m:class-detail/3210)#overview)

[Mudra Meditation](https://portal.wellbeats.com/search(m:class-detail/2097)#overview)

For any questions, please contact [enter your contact information here].