**Back to the Basics: Intranet Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Get Started” challenge calendar and “How to Enroll in a Wellbeats Challenge” guide if possible, as well as including your contact information (that appears in red below).

A picture containing company name

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New to fitness or returning after some time away? Wellbeats can help!

Wellbeats is your on-demand fitness and wellbeing benefit with 800+ workouts, nutrition and mindfulness classes available anytime, anywhere.

To help you get back into a healthy routine, join the NEW “Get Started” Challenge. It’s a 4-week plan with fun workouts, meditation exercises, and nutrition tips designed to make you feel good – no matter your experience or activity level.

Join the challenge today by downloading the Wellbeats app or visiting the website portal at [portal.wellbeats.com](https://portal.wellbeats.com/). Once logged in, select “Challenges” in the main menu, then “Get Started” challenge to join.

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

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