



# Healthy Together Challenge



Celebrate Social Wellness Month with a fitness challenge designed to bring people together (even while apart)! For 3-4 days a week, invite a friend to join you for some fun dancing, HIIT (high intensity interval training), and yoga workouts.

Don't forget to share your progress with us on social media @Wellbeats #WellbeatsForAll.

### **Recommended equipment**

Yoga mat and dumbbells

**Sign up** for the challenge today!

Select Challenges in the main menu, then select Healthy Together to get started.

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