



# Healthy together



## Learn, play, and have some fun with on-demand health and fitness classes for KIDS!

Includes age-appropriate activities and exercises for  
kids of all ages to:

- Develop fundamental movement skills
- Build strong bones and muscles
- Improve focus, sleep, and energy levels

Make screen time a **good** habit with Wellbeats  
classes for kids!

## Ready to start?

Log in to your Wellbeats account,  
find a class, and press play!

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

[support@wellbeats.com](mailto:support@wellbeats.com)