



Every Move Matters Challenge



About This Challenge

Make every move and minute count! This challenge helps you build healthy habits, make progress, and feel both mentally and physically strong - even when life gets busy. For 4 weeks, you will be supported with a well-rounded plan of workouts, nutrition classes, and mindfulness prompts for a healthier you.

Recommended equipment

Yoga Mat, Dumbbells, Yoga Block, Resistance Bands, and Step and Risers

Sign up for the challenge today!

Select Challenges in the main menu, then select Every Move Matters Challenge to get started.

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