



# 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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