



# Healthy for the Holidays

Celebrate the holidays and stay well with Wellbeats!

Here are recommended classes to help keep you on track:

- Importance of Hydration
- Breakfast: Start Your Day Right
- 50/50 Mashed Potatoes
- Salted PB Chocolate Pretzel Cookie
- 15 Minute Mission
- Gratitude Meditation
- Quick Ignition
- Finding Stillness
- Tahini Hot Chocolate
- Butternut Squash Kale Salad



Salted PB Chocolate Pretzel Cookie  
2 mins | ★4.6



15 Minute Mission  
16 mins | ★4.7



Finding Stillness  
17 mins | ★4.6



Butternut Squash Kale Salad  
3 mins | ★4.6



## Join the 14-day Healthy Holiday Program for some extra motivation:

This plan is designed to keep you on track, stress less, and provide extra encouragement along the way. Includes healthy holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts to cope with stress and help you feel your best during the holidays.



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