



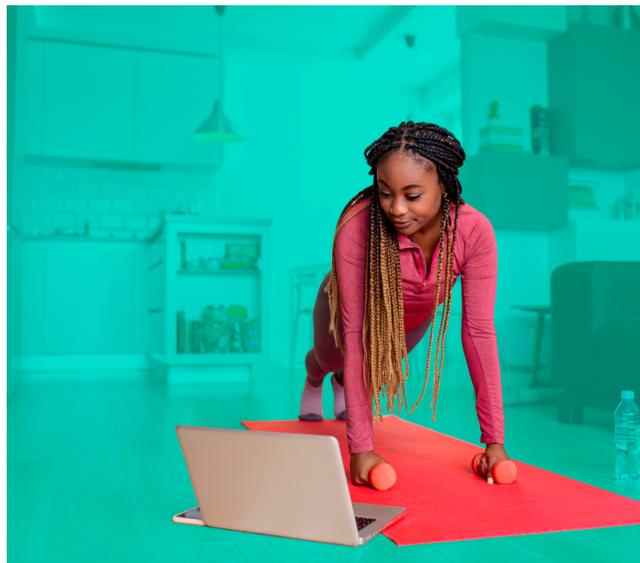
Wellness

# Your Heart Deserves the Best

Explore on-demand workouts, healthy recipes, and mindfulness classes to support a healthy heart with Wellbeats *Wellness*, a product of LifeSpeak Inc.

### THIS INCLUDES:

- Running and walking
- HIIT (high-intensity interval training)
- Cycling
- Strength training
- Heart-healthy recipes with whole grains, fruits, and vegetables
- Calming meditations



**Lifting Your Heart**  
27 mins | ★ 4.7



**Arugula Salad w/ Sweet Corn & Avocado**  
3 mins | ★ 4.9



**3 to 5 - Feelin' Alive!**  
30 mins | ★ 4.7



**Meditation of the Heart**  
31 mins | ★ 4.7



## The American Heart Association recommends at least 150 minutes of heart-pumping exercise per week.

Looking for classes to increase your heart rate? In your Wellbeats *Wellness* account, go to **Categories** and select **Cardio** for a list of classes to protect and strengthen your heart.

**Remember: any movement is better than none.** Find a class that interests you, or break it up into short bouts of activity throughout the day.



Download the app on the App Store, Google Play, or Apple TV

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