

Move Better, Live Better

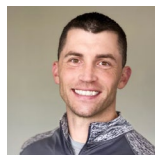
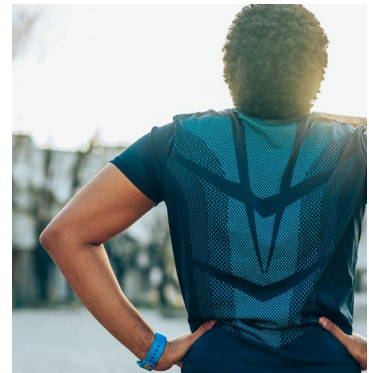
Recovery and Injury Prevention for Musculoskeletal Health

Did you know musculoskeletal disorders are the leading cause of disability in the U.S.¹ and approximately 1.71 billion people are affected by musculoskeletal conditions worldwide?² These conditions can range from sudden and short-lived musculoskeletal injuries such as fractures and sprains to lifelong conditions associated with ongoing disability or functional limitations.

Wellbeats *Wellness*, a product of LifeSpeak Inc., provides access to high-quality, safe, and expert-led classes to mitigate injury risks and enhance overall wellbeing – no matter your age, needs, or ability level.

This includes:

- 100+ exercises filmed to safely and effectively engage key joint areas
- 75+ recovery and injury prevention classes for strengthening common pain-point areas such as low back, shoulder, knee, ankle, and neck
- 10+ guided mobility and recovery programs including Daily Mobility, Foam Rolling Recovery, Improve Flexibility, Healthy Back, Shoulder Recovery, Knee Stability, and Hip Stretch
- Downloadable, illustrated instructions for additional support

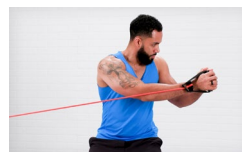


DR. GRANT NORLAND
Doctor of Physical Therapy

Dr. Grant Norland, a Doctor of Physical Therapy and certified strength and conditioning specialist, leads Wellbeats' injury prevention library, offering daily mobility routines and tiered programs to aid in injury recovery and prevention.

Whether you're aiming to prevent injuries, rehabilitate specific joints, or improve your overall mobility, Wellbeats *Wellness* is here to support you in your everyday life.

"We took some of the most common chronic issues we see in our facility and built preventative programs around those to address the most common causes. [My advice is to] start slow and focus on doing the little things correctly." – Dr. Grant Norland



Low Back Level 3 Circuit
12 mins | ★4.5



Neck Daily Mobility Circuit
9 mins | ★4.5



Knee Daily Mobility Circuit
16 mins | ★4.5



Shoulder Daily Mobility Circuit
5 mins | ★4.4



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

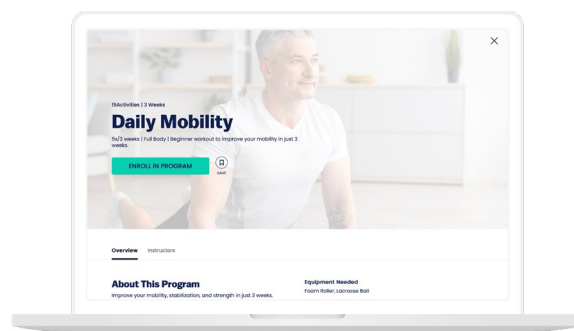
portal.wellbeats.com
support@wellbeats.com

¹Indiana University School of Medicine <https://medicine.iu.edu/expertise/musculoskeletal-health/what-is-musculoskeletal-health>

²World Health Organization <https://medicine.iu.edu/expertise/musculoskeletal-health/what-is-musculoskeletal-health>

Expert-Led Guided Programs for Musculoskeletal Health

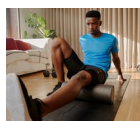
Whether you're looking to minimize the risk of injury, recover or strengthen specific muscle groups, or improve your overall mobility, our programs offer step-by-step guidance and expert support to help you every step of the way.



DAILY MOBILITY

Improve your mobility, stabilization, and strength in just 3 weeks. Created by Dr. Grant Norland, this program includes daily exercises to improve mobility in common pain-point areas such as low back, knees, neck, ankles, and shoulders.

[DOWNLOAD CALENDAR](#)



FOAM ROLLING RECOVERY

Over a period of two short weeks, this program explores a variety of instructor-led and circuit-style classes that will help you recover quicker, help prevent injuries, and enable you to move better in your everyday activities.

[DOWNLOAD CALENDAR](#)



HEALTHY BACK

Build a strong back to help prevent pain or injury in this 4-week program! A healthy back is key in performing exercises with proper form to avoid injury and can also help improve posture and balance.

[DOWNLOAD CALENDAR](#)



HIP RECOVERY

This program focuses on stretching and lengthening all the muscles in and around our hips to ensure we are prepared to live an active life. A compliment to this program would be Strong Hips, which focuses on not just mobility, but strengthening the hip area completely.

[DOWNLOAD CALENDAR](#)



IMPROVE FLEXIBILITY

Designed to increase your joint mobility, circulation and flexibility; this plan will help you feel stretched, revitalized and invigorated. Improve your health and well-being while releasing tight muscles and improving flexibility.

[DOWNLOAD CALENDAR](#)



KNEE MOBILITY

Our knees are so intertwined with multiple muscles and joints, it requires a lot of attention to keep us mobile and free from discomfort. This program walks us through a daily mobility circuit to help strengthen all the muscles associated with moving our knee, in addition to some strengthening and lengthening classes to solidify this heavily used joint and the surrounding muscles.

[DOWNLOAD CALENDAR](#)



SHOULDER RECOVERY

Our shoulders are one of the most over-worked joint in our body and has a lot of facets. This program guides you through some classes that will help stretch all the muscles in and around your shoulders to help alleviate discomfort and avoid injury.

[DOWNLOAD CALENDAR](#)



STRONG HIPS

Our hips are so intertwined with both our upper and lower body, it is so important we keep them strong to help support what we love to do. Developing strong hips enables us to not only move more effectively in daily life, it also sets us up to live free from discomfort in our legs and lower back. A fantastic complimentary program to this one is Hip Recovery, which focuses on stretching and lengthening all the muscles in our hips.

[DOWNLOAD CALENDAR](#)



STRONG SHOULDERS

This program is all about strengthening most of the muscles that interact with our shoulder joint we use on a daily basis. Whether you are looking to build strength, or prevent an injury, these classes will provide a solid foundation for your entire shoulder.

[DOWNLOAD CALENDAR](#)