



Wellness

Wellbeats Bingo Card

Go to Search to find classes that interest you

Play a class in the Fit Tests category

Try a Wellbeats *Wellness* recipe

Complete as many squats as you can in 1 min

Enroll in any Wellbeats *Wellness* program

Practice a 5-min breathing meditation

Complete a 30-second plank

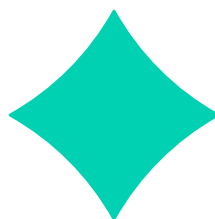
Play a class in the Yoga category

Upload a profile picture in your profile

Play a class in the Strength category

Select Classes and find a category that interests you

Play a class in the Cardio category



Play a class in the Work Breaks category

Play a class in the Recipes category

Complete as many sit-ups as you can in 1 min

Go to Library and create a new list of your favorite classes

Play a Wellbeats *Wellness* mindfulness class

Play a class in the Meditation category

Eat a healthy post-workout snack

Play a class in the Dance category

Play a class in the Cooking Education category

Complete 20 push-ups

Play a class in the Injury Prevention category

Go for a 30-minute walk or run