



How to Get Started with Wellbeats

Wellbeats is your virtual wellness offering to help you live a healthier life. Explore 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, interests, and abilities. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats is for everyone.

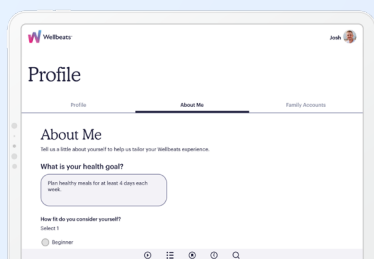


How to Activate Your Wellbeats Account

Here are 8 starter tips to help you make the most of your Wellbeats experience:

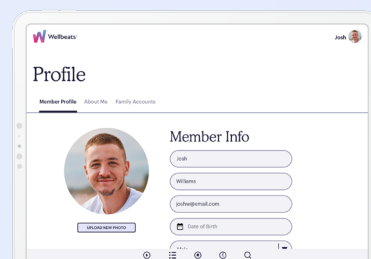
1

Take the “About Me” survey to receive recommended classes and programs according to your goals, abilities, and interests. Select “Profile” in the drop-down menu, then select “About Me” to complete the survey.



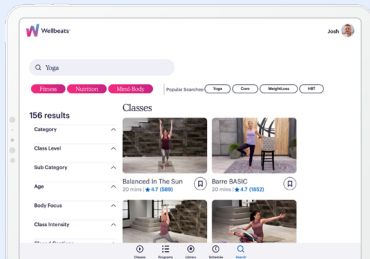
2

Complete your profile to customize your Wellbeats experience. Select “Profile” in the drop-down menu to upload a profile photo and manage your notification settings.



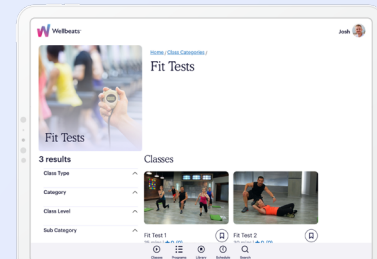
3

Search for a class according to your preferences. Filter by category, level, body focus, equipment, duration, and more.



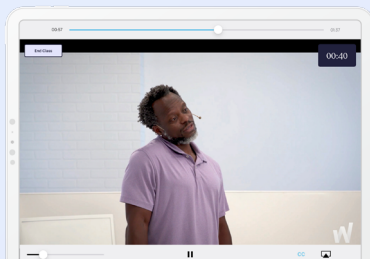
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Take a fit test to establish your baseline fitness level and track your progress. Select "Classes", then select the "Fit Tests" category.



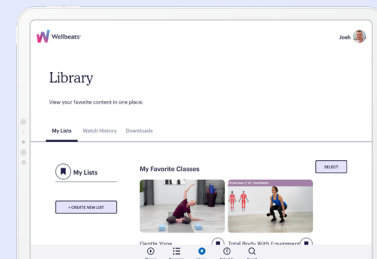
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Play a class! Choose from 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.



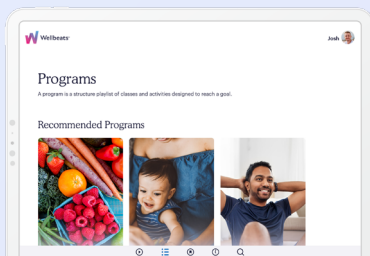
6

Love a class? **Don't forget to save it!** Select "Library" to create your own lists of classes you enjoy or would like to try at a later time.



7

Join a Wellbeats program to help you stay motivated and on track. Each program includes a schedule of classes to help you reach your goals.



8

Schedule classes in advance and invite others to join you. Find a class you'd like to schedule, select "Schedule/Invite" and choose a date and time. You will have the option to invite others to join you and add the class to your calendar.

