

# Wellbeing for All

## Your On-Demand Fitness and Wellness Benefit

Discover a new way to wellness. Activate your Wellbeats *Wellness*, a product of LifeSpeak Inc., account and receive unlimited access to 1,200+ fitness, nutrition, and mindfulness classes.

No matter your age, level, ability, or interest, you can choose what fits your lifestyle.

Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, there are a variety of options to help you live a healthy life.

### WHAT'S INCLUDED:

- 1,200+ fitness, nutrition, and mindfulness classes
- 60+ goal-based programs and challenges
- 100+ healthy recipes
- Easy-to-use and stream on your personal devices at home or on-the-go
- Track your progress and receive personal recommendations
- Schedule classes in advance and invite others to join
- Receive automated reminders to keep you on track

[wellbeats.com](https://wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)

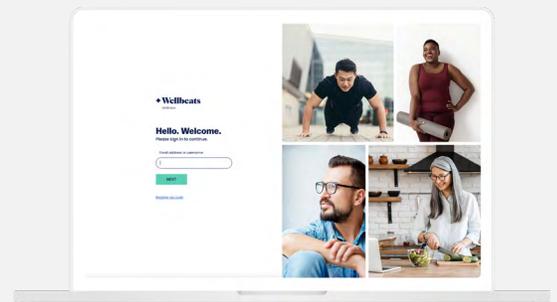


## How to Activate Your Wellbeats Account:

- 1 Go to [portal.wellbeats.com](https://portal.wellbeats.com) or download the Wellbeats *Wellness* app

- 2 Select “**Login**” and enter your username and password

If you forgot your password, select “**Forgot My Password**” to be emailed a new, temporary password.



- 3 Find a class and press play! Choose from hundreds of options such as yoga, strength training, HIIT, walking/running, healthy recipes, meditation, and more.

Don't forget to share your progress with us on Facebook or Instagram using **#Wellbeats @Wellbeats**.

