**Welcome to Wellbeats: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. We recommend attaching the “Welcome to Wellbeats” flyer to the email. Please remove the text in red and add any custom login information details (optional) and contact information.

A picture containing indoor, person

Description automatically generated

Looking for ways to stay motivated and on track with your health and wellness goals? Wellbeats *Wellness* can help.

Wellbeats *Wellness*, a product of LifeSpeak Inc., is your **virtual wellness offering** to help you live a healthier life.

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.

What’s included:

* 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests
* 60+ goal-based programs to keep you on track
* 100+ healthy and delicious recipes
* 24/7 access on your personal devices at home, in the office, or on-the-go
* *And much more!*

Go to the Wellbeats website portal at [portal.wellbeats.com](https://portal.wellbeats.com/#/home/) or download the Wellbeats app to get started.

[Enter any custom login information details here]

For any questions, please contact [enter your contact information here].

In health,

[Enter your name here]