



Healthy for the Holidays

Celebrate the holidays and stay well with Wellbeats *Wellness*, a product of LifeSpeak Inc.

HERE ARE RECOMMENDED CLASSES TO HELP KEEP YOU ON TRACK:

- Importance of Hydration
- Breakfast: Start Your Day Right
- 50/50 Mashed Potatoes
- Salted PB Chocolate Pretzel Cookie
- 15 Minute Mission
- Gratitude Meditation
- Quick Ignition
- Finding Stillness
- Tahini Hot Chocolate
- Butternut Squash Kale Salad



Salted PB Chocolate Pretzel Cookie
2 mins | ★ 4.6



15 Minute Mission
16 mins | ★ 4.7



Finding Stillness
17 mins | ★ 4.6



Butternut Squash Kale Salad
3 mins | ★ 4.6



Join the 14-day Healthy Holiday Program for some extra motivation:

This plan is designed to keep you on track, stress less, and provide extra encouragement along the way. Includes healthy holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts to cope with stress and help you feel your best during the holidays.



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

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