**Fit for Fall: Intranet Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Edit the verbiage in red with your contact information.

Graphical user interface, application

Description automatically generated

Make a change in your wellness routine with Wellbeats’ 4-week “Fit for Fall” program!

Stay engaged and on track this season with fun workouts, fall-inspired recipes, calming meditations, and wellness prompts for a healthy body and mind.

Download the Wellbeats app or go to [portal.wellbeats.com](https://portal.wellbeats.com/) to get started.

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