



Fall into a Wellness Routine

With the 4-week “Fit for Fall” Program

If you’re looking for a way to **stay motivated and make a change** in your wellness routine, this program is perfect for you.

For 4 weeks, our team of expert-led instructors **keep you engaged and on track** with fun workouts, healthy fall-inspired recipes, calming meditations, and wellness prompts for a healthy body and mind.

Join the “Fit for Fall” program today and transform your wellness routine.

Join the Wellbeats “Fit for Fall” program today

Play fitness, nutrition, and mindfulness classes such as:



Lower Back Strength & Mobility
22 mins | ★4.3



Roasted Carrot Soup
2 mins | ★4.5



Gratitude Meditation
30 mins | ★4.6



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