



# 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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