**Wellbeing at Work: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “Wellbeing at Work” flyer to the email.



Boost your focus and energy at work with Wellbeats *Wellness*!

With your Wellbeats virtual wellness offering, you have access to thousands of high quality, expert-led fitness, nutrition, and mindfulness classes **for free!**

It’s simple: log in to your Wellbeats account on your personal device, and choose from a variety of classes to support your wellbeing at work, such as:

* Energy-boosting workouts with minimal equipment needed
* Quick stretch breaks to recharge between meetings
* Healthy, easy-to-prep lunch recipes and snacks
* Seated yoga classes you can play right at your desk
* *And so much more!*

If you prefer to follow a step-by-step plan, we invite you to join the 4-week Give Me a Work Break Program. This plan includes short stretch breaks, meditations, and mobility exercises to manage stress and boost productivity – no equipment needed!

[Enter general login information here]

If you’re logging in for the first time or forgot your password, select “Forgot Password” to reset your password.

**About Wellbeats *Wellness*, a product of LifeSpeak Inc.**

Wellbeats is your virtual wellness offering to help you live a healthier life. This includes 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

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

In health,

[Enter your name here]