



Wellness

PROGRAMS



Women's Health & Fitness Programs

Discover our Women's Health & Fitness programs, thoughtfully created to support you through every phase of midlife and beyond. Whether you're navigating the hormonal shifts of perimenopause or moving through post-menopause, these programs are designed to meet you where you are. With a focus on strength, mobility, and energy, each workout helps you move with confidence, gain energy and feel your best. Ready to get started?

The two programs are:



PERI POWER

14 ACTIVITIES

DURATION: 2 WEEKS

Support strength, flexibility, and energy during perimenopause. It's all about working with your hormones to keep you feeling your best at every stage of life!

EQUIPMENT NEEDED:

A set of dumbbells (medium to heavy), a light resistance tube and a treadmill.

START PROGRAM



PRIME POWER

14 ACTIVITIES

DURATION: 2 WEEKS

Improve strength, mobility and endurance to work with what your body needs during post menopause. You'll boost energy, reduce stress and promote a healthier you!

EQUIPMENT NEEDED:

A set of dumbbells (medium to heavy), a resistance loop band (optional) and a treadmill.

START PROGRAM

EXPLORE MORE

You can also find a variety of other classes to support your wellness—from yoga to low-impact cardio. Explore more and find what moves you.

LifeSpeak Inc.



Accessible on iOS, Android, Windows, and Web

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