

One Moment Please? Reset with Wellness Time Savers



What If 10 Minutes Could Make a Difference? Imagine carving out just a few minutes each day to move your body, calm your mind, or fuel yourself with something nourishing. **The Wellbeats Wellness Time Savers Program** makes it possible with quick, effective wellness tools designed for busy lives.

As part of your benefits, you have access to the Wellbeats **Wellness Time Savers program**, to support your health and wellbeing, even on your busiest days. Whether you have just 10 minutes or less, you can take advantage of quick workouts, mindfulness practices, and simple nutrition tips to help you:

- Manage stress and reduce anxiety
- Feel more energized throughout the day
- Improve the quality of your sleep
- Boost your mood and overall wellbeing

Program Highlights

Here's a sneak peek into some of the classes in this program:



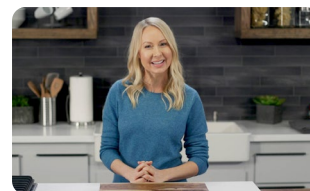
Total Tone In Ten
10 mins



Time for a Reset
3 mins



Core by Four
4 mins



Breakfast: Start Your Day Right
2 mins

Ready to get started?

Log into your Wellbeats Wellness account and participate in a class today!



Download the app on the
App Store or Google Play

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