



Wellness

Starting Fresh: Wellness Reboot



A new year is always a great opportunity to start fresh. But it can be challenging to fit new healthy habits into busy schedules.

As part of your benefits, you have access to the Wellbeats Wellness **Wellness Time Savers** program, which is designed to help you prioritize your wellbeing, even with a busy schedule. With intense workouts (10 minutes and shorter), mindfulness techniques, nutrition tips, you can:

- Reduce stress and anxiety
- Boost your energy levels
- Improve your sleep quality
- Enhance your overall mood

PROGRAM HIGHLIGHTS

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



Time for a Reset
3 mins | ★ 4.7



Core by Four
4 mins | ★ 4.7



Breakfast: Start Your Day Right
2 mins | ★ 4.7

Ready to start your wellness journey?

In your Wellbeats *Wellness* account, go to Programs to join the **Wellness Time Savers** program today.



Download the app on the App Store or Google Play

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