



# Reset. Recharge. Refocus on YOU

Brought to you by Wellbeats *Wellness*, a product of LifeSpeak, Inc.

## ◆ Wellbeats

Wellness

### Take care of your mind and body with Wellbeats

Feeling drained or running on empty by the end of the day? Do you tend to put your own needs last?

Refocus on you and your wellbeing with the 2-week “Wellness Time Savers” program.

This program includes on-demand fitness and wellbeing classes to restore energy, elevate your mood, and focus on your own health and happiness.

No need to feel guilty for taking time to better yourself. You’re worth it.



Join the Wellbeats “Wellness Time Savers” program today

What are you in the mood for today? The “Wellness Time Savers” program offers classes in fitness, mindfulness, and nutrition. Play a relaxing meditation class, an energy-boosting workout, or learn a helpful nutrition tip.



**Grounded & Protected**  
3 mins | ★ 4.7



**Fast Fix HIIT**  
10 mins | ★ 4.7



**Breakfast: Start Your Day Right**  
2 mins | ★ 4.7



**Total Tone In Ten**  
10 mins | ★ 4.7



**Time for a Reset**  
3 mins | ★ 4.7



**Three Times the Core**  
5 mins | ★ 4.8



Download the app on the App Store, Google Play, or Apple TV

[portal.wellbeats.com](https://portal.wellbeats.com)