



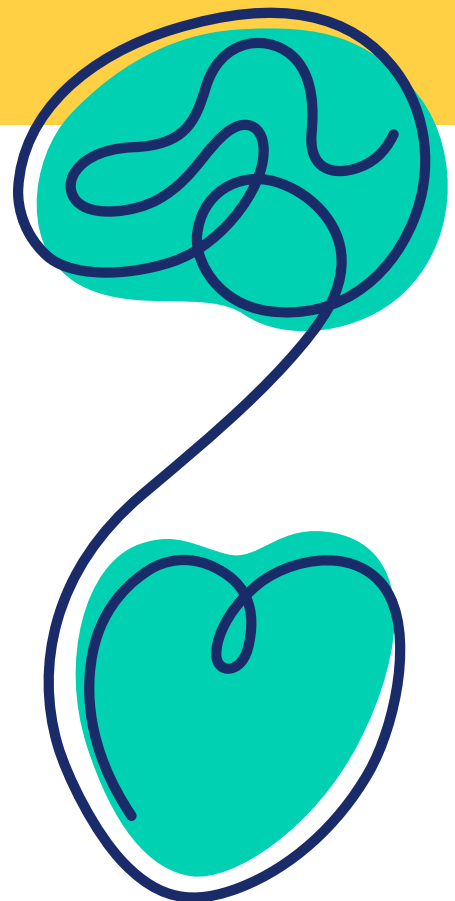
5 Ways to Strengthen Your Body and Mind

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Increasing evidence suggests that the ability to connect your thoughts to your body can greatly impact your mental and physical wellness.

The mind-body connection refers to the close relationship between your thoughts and emotions and your physical health. If we think a certain way, we can feel a certain way—and vice versa.

Here are five ways to take better care of yourself and strengthen your mind-body connection:



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1. Regular Exercise

Engage in physical activities you enjoy, such as going for a walk, jogging, lifting weights, dancing, or any other form of exercise. Physical activity not only benefits your body but also releases endorphins that boost your mood and reduce stress.

2. Mindful Movement

Practice activities that encourage a mind-body connection, such as yoga, Pilates, or Tai Chi. These practices focus on breathing, body awareness, and gentle movements, fostering a sense of inner calm and peace.

3. Meditation

Incorporate meditation into your daily routine. This practice involves paying attention to the present moment, which can reduce stress and improve mental wellbeing.

4. Healthy Nutrition

Consume a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins. Nourishing your body with proper nutrition supports your physical and mental health.

5. Adequate Sleep

Prioritize getting enough quality sleep each night. Sleep plays a vital role in restoring both your body and mind.

TAKE ACTION: Get moving with a workout on Wellbeats *Wellness*:



Pace Yourself
25 mins | ★ 4.8



FUNctional Training
27 mins | ★ 4.8



The Rookie Boxer
18 mins | ★ 4.8

TAKE ACTION: Improve your focus with mindful movements on Wellbeats *Wellness*:



Tai Chi Breath
18 mins | ★ 4.8



Pilates Flow
21 mins | ★ 4.7



Floating with Breath
25 mins | ★ 4.6

TAKE ACTION: Find your calm with a meditation on Wellbeats *Wellness*:



Deep Body Scan
33 mins | ★ 4.8



Guided Meditation
26 mins | ★ 4.7



Reducing Anxiety
9 mins | ★ 4.6

TAKE ACTION: Try a healthy recipe on Wellbeats *Wellness*:



Honey Dijon Chicken
3 mins | ★ 4.6



Lemon Pepper Tilapia
2 mins | ★ 4.6



Antioxidant Smoothie Bowl
20 mins | ★ 4.8

TAKE ACTION: Wind down with restorative yoga or stretches on Wellbeats *Wellness*:



Sleepy Time Yoga
22 mins | ★ 4.6



Lower Back Release
7 mins | ★ 4.7



Yoga for a Calm Mind
35 mins | ★ 4.7