

PHYSICAL ACTIVITY & NUTRITION

LifeSpeak Fit+Cooking

Powered by Wellbeats *Wellness*

Promoting a Happier and Healthier Workforce through VP+



- **Over 1,500+ fitness, mind-body classes** with **enhanced nutrition** to improve wellbeing, and lifestyle accessible anytime, anywhere.
- **Engaging, expert-led classes** on pilates, barre, cycle, core, running, mindfulness education, seniors, pregnancy, sports conditioning, exercise education, wellness tips, and more.
- **Clinical education programs** on utilizing food as medicine by our partner, Launch My Health, WBENC-certified.
- **Family-friendly recipes** with programs such as Kids in The Kitchen, Home Chef Pro, Optimizing Brain Health, and Women’s Hormones.
- **Additional fitness programs** for all ages that the entire family can participate in.

