

PHYSICAL ACTIVITY & MENTAL HEALTH

LifeSpeak Fit+Mood

Powered by Wellbeats *Wellness*

Providing Support, Whenever Needed through VP+



- **Over 1,500+ fitness, mental health, nutrition, and 190+ mind-body classes** that empower employees to build better health.
- **Mental health programs** focused on Managing PTSD, Stress and Anxiety, Parenting Early Years, Thriving Through Change, Compassion Fatigue, and more.
- **On-demand classes** with member favorites such as yoga, cardio, zumba, work breaks, cooking education, meditation, mindful movement, exercise education, injury prevention, pregnancy, sports conditioning, and wellness tips.
- **Additional fitness programs** for all ages that the entire family can participate in.

