

## PHYSICAL ACTIVITY & WELLBEING

# LifeSpeak Fit

Powered by Wellbeats *Wellness*

A Comprehensive Approach  
to Wellness



- **More than 1,000+ fitness, nutrition, and mind-body classes** available anytime, and anywhere, providing a comprehensive approach to overall wellbeing.
- **On-demand classes** with your favorites such as yoga, cardio, cycle, running, dance, work breaks, nutrition education, meditation, and mindful movement.
- **Goal-based programs** for achieving results and sustaining focus such as A Stronger you, Nourish Your Everyday, Relieve Stress, Commit to Fit, and You in Mind.
- **High-quality content** led by world-leading, relatable, licensed experts for a supportive, and engaging experience.

