

Give Your Heart Some Love

Ready to show your heart some love? This Heart Health Month, explore Wellbeats Wellness for a variety of fitness, nutrition, and mind-body videos to help you on your journey to a healthier, happier you.

Explore some heart-friendly classes curated just for you from our Fitness, Nutrition, and Mind-Body pillars:

FITNESS:



Countdown to Fit
29 mins | ★ 4.8



Power Circuits
22 mins | ★ 4.7

NUTRITION:



Breakfast: Start Your Day Right
2 mins | ★ 4.7



Eat Better, Sleep Better
4 mins | ★ 4.7

MIND-BODY:



Balance in Focus
10 mins | ★ 4.7



Mudra Meditation
10 mins | ★ 4.7

Ready to show your heart some love?

Log into your Wellbeats *Wellness* account and participate in a class today!



Download the app
on the App Store or
Google Play

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