

How to Get Started with LifeSpeak *Holistic Wellness*

LifeSpeak is a holistic, personalized solution that provides expert support and thousands of on-demand fitness classes, nutrition guidance, and mental health education.

How to Activate Your LifeSpeak Account



I Go to **portal.lifespeak.com** on a computer or download the LifeSpeak *Holistic Wellness* app. iOS Android

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Enter your username and password.

If you forgot your password, select "Forgot password?" to reset your password.

If you need help logging in, please contact LifeSpeak Support at

member.support@lifespeak.com.

Here are 8 starter tips to help you make the most of your LifeSpeak experience:



Complete your profile to customize your LifeSpeak Holistic Wellness experience. Select "Profile" in the drop-down menu to upload a profile photo, select your language preference, and manage your notification settings.

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	Account Details	Language Settings	



Search for a class according to your preferences. Filter by category, level, body focus, equipment, duration, and more.





Invite up to 5 of your close friends or family members to enjoy LifeSpeak Holistic Wellness with you or by themselves.

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You can share your membership with up to 5 people. These level members with here a Linked formity and friends sub-count and are sited by you as the primary member account. Members you invite must be at least 14 years 68.			invited No-base Smiller remaining Personana		
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Play a class! Choose from 1,400+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.



Love a class? Don't forget to save it! Select "Library" to create your own lists of classes you enjoy or would like to try at a later time. After completing a content the AI personaliztion offers Up Next and Next Best Action based on your activity

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Join a LifeSpeak Holistic Wellness program to help you stay motivated and on track. Each program includes a schedule of classes to help you reach your goals.



Actual design and navigation may vary depending on your device.