



Wellness

PROGRAMS



Support Every Stage of Women's Health

Women's health is dynamic, evolving and deeply personal. It isn't one-size-fits-all, that's why our classes and programs are thoughtfully designed to meet you where you are. Whether you're embracing change, navigating new challenges, or simply looking to feel your best, our holistic approach and expert guidance are here to support you. Wherever you are in your journey, we're here to walk alongside you.

Looking for the different ways Wellbeats Wellness support women's health? Below we have curated women specific classes and programs with you in mind. Ready to start?

Women's Nutrition

Classes



Nourished Mom
4 min video



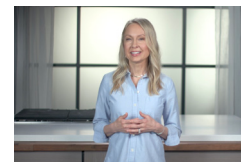
Energy Bites for New Moms
4 min video



Pregnancy Plate
5 min video



Nutrition After 50
5 min video



Daily Hacks to Improve your Health
8 min video

Program



WOMEN'S HORMONES

41 ACTIVITIES

DURATION: 6 WEEKS

This program empowers you to take charge of your hormonal health during menopause, such as hot flashes and weight gain while building a strong strategy to prevent osteoporosis and heart disease—so you can stay healthy and confident through this transition.

START PROGRAM

LifeSpeak Inc.



Accessible on iOS, Android,
Windows, and Web

portal.wellbeats.com

support@wellbeats.com

Pre & Post-Natal Nutrition

Classes



Pre-Natal Nutrition 1st Trimester
12 min video



Pre-Natal Nutrition 2nd Trimester
9 min video



Pre-Natal Nutrition 3rd Trimester
10 min video



Post-Natal Nutrition: 4th Trimester
7 min video

Program



PRENATAL NUTRITION

19 ACTIVITIES

DURATION: 4 WEEKS

Get the latest nutrition strategies to support you and your baby through every stage of pregnancy. You will also learn simple, actionable tips you can start using right away.

START PROGRAM

Pre & Post-Natal Fitness

Classes



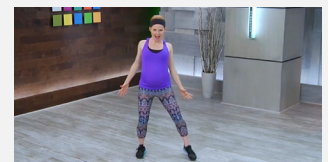
Pre-Natal: Cardio Camp
20 min video



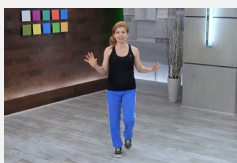
Pre-Natal: Stretch & Release
20 min video



Pre-Natal: Bump Control
20 min video



Pre-Natal: Fit to Deliver
20 min video



Pre-Natal: Rock That Bump
20 min video



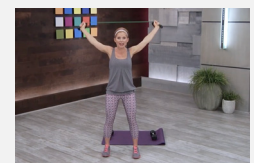
Pre-Natal: Strong Mama
20 min video



Post-Natal: Cardio Blast
20 min video



Post-Natal: Core Rebuild
20 min video



Post-Natal: Muscle Conditioning
20 min video

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PCOS Classes

Classes



Understanding PCOS
4 min video



Navigating PCOS
2 min video

Peri & Post Menopause

Programs



Peri Power
14 Activities | 2 weeks



Prime Power
14 Activities | 2 weeks

A Support System to Keep You Motivated

Meet some of our fitness experts.



CHRISTINA S.

Christina is a functional nutrition coach and owner of Prescribe Nutrition. It is Christina's goal to get people off diets for good. Her passion centers around helping people eat based on what fuels the body and feels joyful.



SARA H.

Sara has over 20 years of dance and fitness training with specialized experience in functional training, dance methodology and prenatal fitness. This spit-fire is full of life and will inspire confidence, will-power and FUN in each class she teaches!



LOGAN S.

Logan is a Registered Dietitian dedicated to helping clients reach their personal health goals through personalized support and lifestyle changes. She values everyone's health journey and emphasizes the importance of tailored guidance.



HANNAH H.

Hannah is a Registered Dietitian who believes that true transformation starts from within. It's not just about what you eat; it's about how you think, how you feel, and how you approach this new journey.



JODI S.

With over 20 years of experience in the fitness industry, and a Master's degree in Exercise Physiology, Jodi is a top notch coach and motivator. Her classes are fun, effective, and accessible to participants of all ages and abilities. She is an avid triathlete and mom of 2.



JEREMY R.

Chef Jeremy studied at Le Cordon Bleu and has a broad food background from chef instructor to restaurant manager. He takes a "back to basics" approach to cooking whole, fresh foods. Take your culinary skills to the next level and improve your health while doing it.

