



## Empowering Men's Health

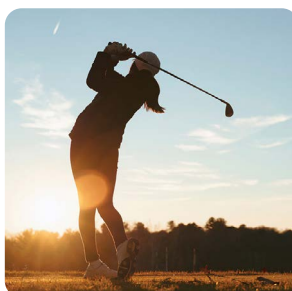
At Wellbeats, we believe wellness is for everyone. We offer a wealth of content to empower everyone on their health and wellbeing journey, including men's health. While our content supports all individuals, some programs have gained significant popularity among men looking to boost their strength, enhance flexibility, manage stress, or simply relax. Discover some of the top picks that many men find both effective and inspiring on their path to optimal health.

### Fitness Programs:



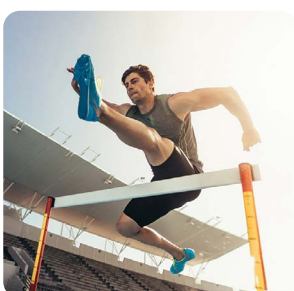
**GET STRONGER**  
8 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)



**GAME ON-GOLF**  
18 ACTIVITIES  
DURATION: 3 WEEKS

[START PROGRAM](#)



**ATHLETIC PERFORMANCE**  
21 ACTIVITIES  
DURATION: 3 WEEKS

[START PROGRAM](#)



**FOAM ROLLING RECOVERY**  
7 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)



**IMPROVE FLEXIBILITY**  
9 ACTIVITIES  
DURATION: 3 WEEKS

[START PROGRAM](#)



**HEALTHY BACK**  
20 ACTIVITIES  
DURATION: 4 WEEKS

[START PROGRAM](#)

## Nutrition Programs:



**SIMPLY PREPPED**  
14 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)



**COOKING TIPS FOR EVERY HOME**  
10 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)

## Mind-Body Programs:



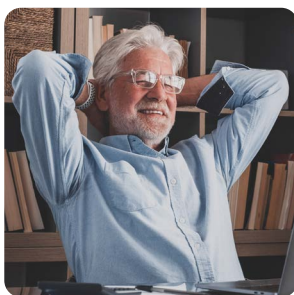
**BLUE LIGHT & EYE HEALTH FOR ADULTS**  
9 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)



**STRESS LESS**  
18 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)



**MINDFULNESS AT WORK**  
10 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)



**CREATE YOUR CALM**  
14 ACTIVITIES  
DURATION: 2 WEEKS

[START PROGRAM](#)

**A support system to keep you motivated. Meet some of our experts.**



### Instructor: Josef M

With over 20 years of global experience in numerous areas of fitness, Josef brings a unique and multifaceted knowledge and skill base to instructing & coaching classes. Get ready to be challenged and enjoy every moment as he leads you through creative and fun workouts!



### Instructor: Alex M

Alex is a professional dancer and acrobat who has over 20 years of experience in the fitness industry. He is a master trainer and course instructor. Alex brings his LA flavor to our Wellbeats classes and whether you're dancing or strength training with him – you'll feel the heat!



### Instructor: Adrian D

After being a high-level athlete for half his life, being active and training has always been part of Adrian Davis's life. Adrian gained a new appreciation for fitness and decided to help as many people as possible with fun and engaging workouts for the past decade.

