

Healthy Holiday: Balance, Joy & Wellbeing



The holiday season is meant to be joyful. However, between packed calendars, endless to-do lists, and extra indulgences, it can also feel overwhelming. That's why Wellbeats is here to help you enjoy every moment of the season without losing sight of your wellbeing.

As part of your benefits, you have access to Wellbeats, offering thousands of on-demand resources to help you stay energized, balanced, and healthy throughout the holidays. **Here's what you can do throughout the holiday season:**

- Quick fitness breaks to keep your energy up between gatherings
- Mindfulness practices to manage stress and stay present
- Simple nutrition tips for enjoying holiday treats in moderation
- Family-friendly activities to keep everyone moving and engaged.

Explore classes like:



Time for a Reset
3 mins



Funky Flow
27 mins



Move It
20 mins



**Alcohol - What It Does
To Our Body**
5 mins

This isn't about restriction — it's about balance. It's about feeling good while you celebrate, so you can step into the New Year recharged and ready.

Ready to make this holiday your healthiest yet?

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



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App Store or Google Play

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