



Wellness

# Your Fitness, Your Pace.



Summer's calling, and it's your perfect chance to embrace a fitness routine that truly fits you. Whether you're taking your first steps, looking for a steady rhythm, or ready to sprint towards new goals, Wellbeats has something for everyone. As a benefit, you get access to Wellbeats *Wellness*; offering **thousands of on-demand** programs designed to support your unique fitness journey.

**HERE ARE SOME FITNESS PROGRAMS FOR DIFFERENT STAGES AVAILABLE ON WELLBEATS:**



### Get Fit: Begin

21 activities | 3 weeks



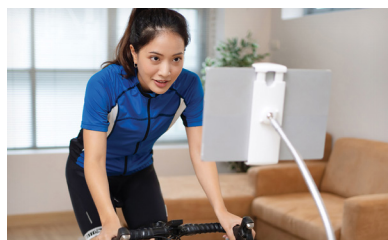
### Enhanced Strength

8 activities | 2 weeks



### Quick Fitness At Home

15 activities | 3 weeks



### Cycling Strong

15 activities | 3 weeks



### Stride with Pride

6 activities | 2 weeks

If you are looking for more fitness programs on Wellbeats, you can find them [here](#).

## Ready to ring in the summer?

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



Download the app  
on the App Store or  
Google Play

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)