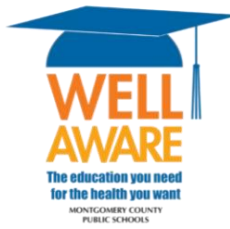




Wellness



Montgomery County Public Schools

Welcomes You to Wellbeats

Your Complimentary Wellness Benefit
Exclusively for MCPS Employees

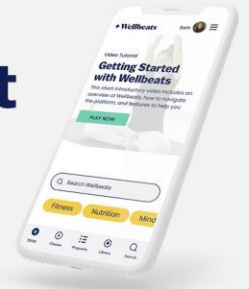
Wellbeats *Wellness*, a product of LifeSpeak Inc., is an on-demand video streaming platform with high quality, expert-led fitness, nutrition, and mindfulness classes you can play on your personal devices anytime, anywhere.

WHAT'S INCLUDED:

- 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests
- Classes such as yoga, strength training, HIIT, running/walking, meditation, mental wellness, healthy recipes, cycling, kickboxing, kids activities, and cooking education
- Goal-based programs with guided plans to keep you on track such as Get Started, Train Your Way to a 5K, Lose Weight, Build Strength, Daily Mobility, Healthy Back, Stress Less, and Nourish Your Everyday
- Short stretch breaks and exercises to recharge during the day
- Personalized class and program recommendations
- Personal statistics and automated reminders
- Social features to schedule classes, invite others to join, and chat in real time



How to Get Started:



Download the Wellbeats app or go to portal.wellbeats.com

Username: Your MCPS Outlook email address

Password: MCPS2022



Scan code to learn more about Wellbeats



Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com
support@wellbeats.com