

500+ ways to enjoy a fitness benefit in the privacy of your home

FREE ACCESS until April 30\*

### **GET STARTED IN 3 EASY STEPS**

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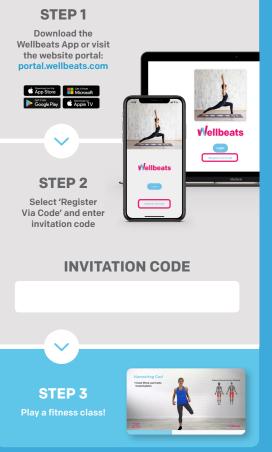
## **FITNESS IS FOUNDATIONAL**

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

#### FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- · Goal-based challenges and fitness assessments
- · Highly certified, relatable instructors
- · Safe and education based
- Track progress and results

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#### \*The offer is available to existing Wellbeats clients only.